

COOKING SHOULD BE A CAREFULLY BALANCED REFLECTION OF ALL THE GOOD THINGS OF THE EARTH.

—Jean & Pierre Troisgros, French chefs

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23

POTATOES, GRAINS AND PASTA



RESTAURANT KEVIN TAYLOR, Denver, CO
Chef Kevin Taylor

AFTER STUDYING THIS CHAPTER, YOU WILL BE ABLE TO:

- identify a variety of potatoes
- apply various cooking methods to potatoes
- identify a variety of grains
- apply various cooking methods to grains
- identify pasta products
- make fresh pasta
- cook pasta

Potatoes, grains (corn, rice, wheat and others) and pastas are collectively known as starches. Some of these foods are vegetables; others are grasses. Pastas, of course, are prepared products made from grains. Starches are, for the most part, staple foods: foods that define a cuisine and give it substance. All are high in starchy carbohydrates, low in fat and commonly used as part of a well-balanced meal.

Today's chefs are rediscovering traditional and ethnic dishes that rely on grains seldom used in typical American food service operations. Pasta, made from a variety of grains in numerous shapes and flavors and accompanied by countless sauces and garnishes, now regularly appears on many menus alongside the ubiquitous potato prepared for many classic and modern dishes.

POTATOES

Potatoes (Fr. *pommes de terre*) are one of the few vegetables native to the New World, probably originating in the South American Andes. Botanically, potatoes are succulent, nonwoody annual plants. The portion we consume is the tuber, the swollen fleshy part of the underground stem. Potatoes are hardy and easy to grow, making them inexpensive and widely available. Americans eat nearly 50 pounds of potatoes annually, making them one of the top 20 vegetables in the United States.

IDENTIFYING POTATOES

Discussed here are some of the more commonly used types of potatoes. Other varieties are regularly being developed or rediscovered and tested in the market place.

Choose potatoes that are heavy and very firm with clean skin and few eyes. Avoid those with many eyes, sprouts, green streaks, soft spots, cracks or cut edges. Most varieties are available all year. When ordering potatoes, note that size A is larger than size B, which must be between 1½ and 2¼ inches (3.75 and 5.5 centimeters) in diameter.

New potatoes are small, immature potatoes (of any variety) that are harvested before their starches develop. Although red potatoes can be "new," not all new potatoes are necessarily red-skinned. Conversely, not all red-skinned potatoes are new. True new potatoes are waxy with a high moisture content and a thin, delicate skin.

FINGERLINGS

Fingerling potatoes are typically heirloom varieties, related to the original potato varieties from the Andes. They are generally small, long and finger-shaped or oblong with good flavor. The Russian Banana looks like a small banana and has a firm texture and rich, buttery flavor. The red-streaked French Fingerling has a nutty flavor while the red Ruby Crescent has a strong, earthy flavor. All fingerling varieties tend to be low in starch and are good for roasting and in potato salads.

PURPLE POTATOES

Purple (or blue) potatoes have a deep purple skin. The flesh is bright purple, becoming lighter when cooked. They are mealy, with a flavor and texture

similar to russets. The most common varieties are All Blue and Caribe, which were also quite popular in the mid-19th century.



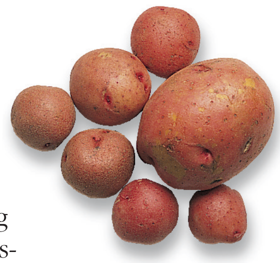
Fingerlings



Purple Potatoes

RED POTATOES

Red potatoes have a thin red skin and crisp, white, waxy flesh, best suited to boiling or steaming. They do not have the dry, mealy texture that successful baking requires. Red potatoes are round, instead of long or oblong; popular varieties are Red Pontiac and Norland.



Red Potatoes

RUSSET (BURBANK) POTATOES

Russet potatoes, commonly referred to as Idaho potatoes, are the standard baking potato. They are long with rough, reddish-brown skin and mealy flesh. Russets are excellent baked and are the best potatoes for frying. They tend to fall apart when boiled. They are marketed in several size categories and should be purchased in the size most appropriate for their intended use.



Russet Potatoes

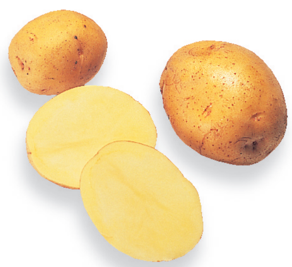
WHITE POTATOES

White potatoes are available in round or long varieties. They have a thin, tender skin with a tender, waxy yellow or white flesh. Round white potatoes are also referred to as chef or all-purpose potatoes. White potatoes are usually cooked with moist heat or used for sautéing. White Rose and Finnish Yellow (or Yellow Finn) are popular varieties.



White Potatoes

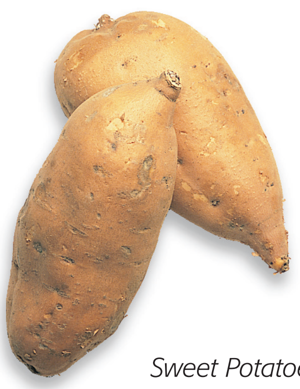
Another variety of white potato known as the **Yukon Gold** is a medium-sized, slightly flattened, oval potato. They have a delicate pale yellow skin with shallow pink eyes. Their pale yellow flesh has a creamy texture and rich, buttery, nutty flavor. Yukon Gold potatoes are suitable for most cooking methods and will retain their yellow color when baked, boiled or fried. First bred by botanists in Canada, Yukon Golds are now grown throughout the United States. Other lesser-known gold-fleshed varieties include Michigold, Donna, Delta Gold, Banana and Saginaw Gold.



Yukon Gold Potatoes

SWEET POTATOES

Sweet potatoes are from a different botanical family than ordinary potatoes, although they are also tubers that originated in the New World. Two types are commonly available. One has yellow flesh and a dry, mealy texture; it is known as a boniato, white or Cuban sweet potato. The other has a darker orange, moister flesh and is high in sugar; it is known as a red sweet potato. Both types have thick skins ranging in color from light tan to brownish red. (Sometimes dark-skinned sweet potatoes are erroneously labeled yams.) Sweet potatoes should be chosen according to the desired degree of sweetness. They are best suited for boiling, baking and puréeing, although the less sweet varieties can be deep-fried. The cooked flesh can also be used in breads, pies and puddings. Sweet potatoes are available canned, often in a spiced or sugary sauce.



Sweet Potatoes



Red Yams

YAMS

Yams are a third type of tuber, botanically different from both sweet and common potatoes. Yams are less sweet than sweet potatoes, but they can be used interchangeably. The flesh of yams ranges from creamy white to deep red. Yams are Asian in origin and are now found in Africa, South America and the southern United States.

NUTRITION

Potatoes contain a high percentage of easily digested complex carbohydrates and little or no fat. They are also a good source for minerals and vitamins, especially vitamin B6, vitamin C and potassium.

PURCHASING AND STORING POTATOES

MEALY VERSUS WAXY

One of the most important considerations in selecting potatoes is choosing between the mealy and waxy varieties. You should understand the differences and purchase the type best suited to your needs.

Mealy potatoes (also known as starchy potatoes) have a high starch content and thick skin. They are best for baking and are often ordered from suppliers simply as "bakers." Their low sugar content also allows them to be deep-fried long enough to fully cook the interior without burning the exterior. Mealy potatoes tend to fall apart when boiled, making them a good choice for whipped or puréed potatoes.

Waxy potatoes have a low starch content and thin skin. They are best for boiling. They will not develop the desired fluffy texture when baked. They tend to become limp and soggy when deep-fried because of their high moisture content.

GRADING

Like other vegetables, potatoes are subject to the voluntary USDA grading system. Although U.S. Fancy is the highest grade, most potatoes sold on the wholesale market are U.S. No. 1. Potatoes sold on the retail market can also be graded as either U.S. Grade A or U.S. Grade B.

PURCHASING

Potatoes are usually packed in 50-pound cartons. Counts vary depending on average potato size. For example, in a 100-count carton, each potato would weigh an average of 8 ounces. Eighty-, 90- and 100-count cartons are the most common.

Table 23.1 COMPARISON OF MEALY AND WAXY POTATOES

	CONTENT OF:			BEST TO:			
	STARCH	MOISTURE	SUGAR	BAKE	BOIL	SAUTÉ	DEEP-FRY
Mealy: russet, white rose, purple	high	low	low	✓			✓
Waxy: red, new (red), Finnish yellow	low	high	high		✓	✓	

Generally, larger-sized potatoes (that is, smaller counts) are more expensive. Size does not affect quality, however, so the size selected should be determined by intended use.

STORING

Temperatures between 50°F and 65°F (10°C and 18°C) are best for storing potatoes. Do not store potatoes in the refrigerator. At temperatures below 40°F (4°C), potato starch turns to sugar, making the cooked product too sweet and increasing the risk that the potato will turn gray or streaky when cooked. Potatoes with a high sugar content also burn more easily when fried.

Potatoes should be stored in a dark room, as light promotes chlorophyll production, turning them green and bitter. A green patch indicates the possible presence of solanine, a toxin harmful if eaten in large amounts, and should be peeled away. Solanine is also present in the eyes and sprouts, and they, too, should be removed and discarded before cooking.

Under proper conditions, fresh baking or general-purpose potatoes should last for two months; new potatoes will keep for several weeks. Do not wash potatoes until ready to use, as washing promotes spoilage.

APPLYING VARIOUS COOKING METHODS

Potatoes have a relatively neutral flavor, making them a perfect accompaniment to many savory dishes. They can be prepared with almost any dry- or moist-heat cooking method: baking, sautéing, pan-frying, deep-frying, boiling or steaming. They can be combined with other ingredients in braises and stews. Potatoes are used in soups (vichyssoise), dumplings (gnocchi), breads, pancakes (latkes), puddings, salads and even vodka.

Many potato dishes, both classic and modern, employ more than one cooking method. For example, lorette potatoes require boiling and deep-frying; hash browns require parboiling, then sautéing. Even french fries are best when first blanched in hot oil before final deep frying.

DETERMINING DONENESS

Most potatoes are considered done when they are soft and tender or offer little resistance when pierced with a knife tip. Fried potatoes should have a crisp, golden-brown surface; the interior should be moist and tender.

ROASTING AND BAKING

Potatoes are often roasted with meat or poultry, becoming coated with the fat and drippings released from the main item as it cooks. Either mealy or waxy potatoes, peeled or unpeeled, can be roasted successfully.

Mealy potatoes such as russets are ideal for baking. The skin is left intact, although it may be pierced with a fork to allow steam to escape. A true baked potato should not be wrapped in foil or cooked in a microwave; this changes the cooking method to steaming and prevents a crisp skin from forming. A properly baked potato should be white and fluffy, not yellowish or soggy. Once baked, potatoes can be eaten plain (or with butter, sour cream and other garnishes) or used in other recipes.

▶ PROCEDURE FOR BAKING POTATOES

1. Scrub the potatoes well.
2. Using a fork, pierce the potato skins.
3. Rub the potatoes with oil and salt if desired. Do not wrap them in foil.
4. Bake the potatoes until done. A paring knife should penetrate them easily.

RECIPE 23.1

BAKED POTATOES

Yield: 8 Servings **Method:** Baking

Russet potatoes	8	8
Vegetable oil	3 Tbsp.	45 ml
Kosher salt	3 Tbsp.	45 ml

1 Scrub the potatoes well, but do not peel them. Pierce the skin of each potato to allow steam to escape.
2 Rub the potatoes with the oil, then sprinkle with kosher salt.
3 Place the potatoes on a rack over a sheet pan. Bake in a 400°F (200°C) oven until done, approximately 1 hour. The potatoes should yield to gentle pressure, and a paring knife inserted in the thickest part should meet little resistance.
4 Hold uncovered in a warm spot and serve within 1 hour.

Variation: *Twice-Baked Potatoes* (**Yield:** 16 Servings)—Cut baked potatoes in half lengthwise. Carefully scoop out the flesh, leaving the skins intact. Whip the potato flesh with 8 ounces (225 grams) sour cream, 2 ounces (60 grams) butter and 2 ounces (60 grams) cooked, crumbled bacon and then add salt and pepper to taste. Thin with hot milk if necessary. The mixture should be light and fluffy, not lumpy. Pile the filling back into the skins, mounding the tops. Brush the mounded potatoes with clarified butter and sprinkle with Parmesan. Arrange on a sheet pan and bake at 425°F (220°C) until thoroughly reheated and lightly browned.

Approximate values per 7.5-oz. (225-g) potato: **Calories** 270, **Total fat** 5 g, **Saturated fat** 0.5 g, **Cholesterol** 0 mg, **Sodium** 2630 mg, **Total carbohydrates** 51 g, **Protein** 5 g, **Vitamin C** 45%, **Claims**—low saturated fat; no cholesterol; good source of fiber

Baking en Casserole

Many classic potato dishes require baking either raw or parboiled potatoes with sauce, cheese, meat or other seasonings in a baking dish or casserole. Well-known examples include scalloped potatoes, which are baked in béchamel sauce, and potatoes au gratin, which are topped with cheese and baked. These dishes usually develop a crisp, brown crust, which is part of their appeal.

The casserole should hold its shape when cut; the potatoes should be tender, and the sauce should be smooth, not grainy.

Potato casseroles can be fully baked, then held loosely covered in a steam table for service. Portions can be reheated or browned briefly under a broiler or salamander at service time.

SAFETY ALERT

Cooked potato dishes, especially those with cream, butter or custard, are potentially hazardous foods. They must be held for service at 140°F (60°C) or higher. Be sure to reheat potato dishes to 165°F (74°C) or higher.

▶ PROCEDURE FOR BAKING POTATOES EN CASSEROLE

1 Prepare the potatoes by washing, peeling, slicing or partially cooking as desired or as directed in the recipe.
2 Add the potatoes to the baking pan in layers, alternating with the sauce, cream, cheese or other ingredients. Or combine the potatoes with the other ingredients and place in a buttered baking pan.
3 Bake the potatoes until done.

RECIPE 23.2

GRATIN DAUPHINOISE

Yield: 4–5 lb. (1.8–2.2 kg) **Method:** Baking en casserole

Russet potatoes	3 lb.	1.3 kg
Whole butter	as needed	as needed
Salt and white pepper	TT	TT
Nutmeg	1/4 tsp.	2 ml

Gruyère, grated	8 oz.	250 g
Half-and-half	24 fl. oz.	700 ml
Egg yolks	3	3

1 Peel the potatoes and cut them into very thin slices.
2 Place a single layer of potatoes in a well-buttered, full-sized hotel pan.
3 Season with salt, white pepper and a small amount of nutmeg. Sprinkle on a thin layer of cheese.
4 Add another layer of potatoes, seasonings and cheese and repeat until all the potatoes and about three-quarters of the cheese are used.
5 Heat the half-and-half to a simmer. Whisk the egg yolks together in a bowl, then gradually add the hot half-and-half.
6 Pour the cream-and-egg mixture over the potatoes. Top with the remaining cheese.
7 Bake uncovered at 350°F (180°C) until the potatoes are tender and golden brown, approximately 50 to 60 minutes.

Approximate values per 4-oz. (120-g) serving: **Calories** 160, **Total fat** 8 g, **Saturated fat** 5 g, **Cholesterol** 55 mg, **Sodium** 160 mg, **Total carbohydrates** 15 g, **Protein** 6 g, **Vitamin C** 15%, **Calcium** 15%



1 Layering gratin potatoes.



2 Finished gratin potatoes.

SAUTÉING AND PAN-FRYING

Waxy potatoes, such as red- and white-skinned varieties, are best for sautéing or pan-frying. Often they are first parboiled or even fully cooked—a convenient way to use leftover boiled potatoes. They are then cooked in fat following the general procedures for sautéing and pan-frying discussed in Chapter 10, Principles of Cooking.

The fat can be clarified butter, oil, bacon fat or lard, depending on the desired flavor of the finished dish. The fat must be hot before the potatoes are added so that they will develop a crust without absorbing too much fat. Sautéed potatoes should have a crisp, well-browned crust and tender interior. They should be neither soggy nor greasy.

Potatoes can be sautéed or pan-fried by two methods: tossing and still-frying. The **tossing method** is used to cook relatively small pieces of potatoes in a small amount of fat. The potatoes are tossed using the pan's sloped sides so that they brown evenly on all sides. The **still-frying method** is used to create a disc-shaped potato product. The shredded or sliced potatoes are added to the pan, usually covering its bottom, and allowed to cook without stirring or flipping until they are well browned on the first side. The entire mass is then turned and cooked on the second side. When the potatoes are done, they can be cut into wedges for service.

▶ PROCEDURE FOR SAUTÉING AND PAN-FRYING POTATOES

1 Wash, trim, peel, cut and/or cook the potatoes as desired or as directed in the recipe.
2 Heat the pan, add the fat and heat the fat. Add the potatoes to the hot fat. Do not overcrowd the pan. Use enough fat to prevent the potatoes from sticking to the pan. Depending on the recipe, use either the tossing method or the still-frying method.
3 Add garnishes, seasonings and other ingredients as desired or as directed in the recipe.
4 Cook the potatoes until done.

RECIPE 23.3

LYONNAISE POTATOES



Yield: 8 Servings, 4 oz. (120 g) each **Method:** Sautéing

Potatoes, waxy	2 lb.	1 kg
Onions, julienne	8 oz.	250 g
Clarified butter	4 fl. oz.	120 ml
Salt and pepper	TT	TT

1 Partially cook the potatoes by baking, boiling or steaming. Allow them to cool.
2 Peel and cut the potatoes into 1/4-inch (1/2-centimeter-) thick slices.
3 Sauté the onions in half of the butter until tender. Remove the onions from the pan with a slotted spoon and set aside.
4 Add the remaining butter to the pan. Add the potatoes and sauté, tossing as needed, until well browned on all sides.
5 Return the onions to the pan and sauté to combine the flavors. Season to taste with salt and pepper.

Approximate values per 4-oz. (120-g) serving: **Calories** 170, **Total fat** 12 g, **Saturated fat** 7 g, **Cholesterol** 30 mg, **Sodium** 650 mg, **Total carbohydrates** 16 g, **Protein** 1 g, **Vitamin A** 10%

DEEP-FRYING

Potato chips and french fries (Fr. *pomme frites*) are extremely popular in a variety of shapes, sizes and seasonings. Although a wide range of shapes, sizes and preseasoned frozen products are available, fresh fried potatoes can be a delicious, economical menu item.

Top-quality russet potatoes are recommended for deep-frying. The peel may be removed or left attached. If peeled, the potatoes should be soaked in clear, cold water until ready to cut and cook. This keeps them crisp and white by leaching some of the starch that might otherwise make the potatoes gummy or cause smaller cuts to stick together when cooked.

Deep-fried potatoes are usually blanched in oil ranging in temperature from 250°F to 300°F (120°C to 150°C) until tender and translucent. They are then drained and held for service, at which time they are finished in hotter oil, usually at a temperature between 350°F and 375°F (180°C and 190°C).

Deep-frying is also used to finish cooking several classic potato dishes such as croquettes and dauphine, in which fully cooked potatoes are puréed, seasoned, shaped and fried.

Deep-fried potatoes should be drained on absorbent paper briefly and served immediately.

▶ PROCEDURE FOR DEEP-FRYING POTATOES

1 Wash, peel or trim the potatoes as desired.
2 Cut the potatoes into uniform-sized pieces.
3 Using the basket method, blanch the potatoes in deep fat at 250°F (121°C) for 2 to 3 minutes, depending on the size of the pieces.
4 Drain the potatoes and spread them out in a single layer on a baking sheet or in a hotel pan.
5 Just before service, submerge the potatoes in deep fat at 350°F–375°F (177°C–191°C), using the basket method.
6 Cook until golden brown. Remove from the fat, drain and serve immediately.

DEEP-FRIED POTATOES

RECIPE 23.4

RUTH'S CHRIS STEAK HOUSE, PHOENIX, AZ

Yield: Varies **Method:** Deep-frying

Idaho potatoes, 70 count	as needed	as needed
Hot fat	as needed	as needed
Salt and pepper	TT	TT
Parsley, chopped	as needed for garnish	

1. Cut each potato into the desired shape; for example:
   Cottage fries—circles ¼ inch (60 millimeters) thick
   Shoestring potatoes—long juliennes (allumettes)
   French fries—sticks ⅜ inch × ⅜ inch × 3 inches (1 centimeter × 1 centimeter × 7 centimeters)
   Steak fries—four large wedges
2. Using the basket method, deep-fry the potatoes in 250°F (120°C) fat until lightly browned, approximately 2 to 3 minutes. Remove and drain. Hold the partially cooked potatoes in a single layer on a baking sheet or in a hotel pan.
3. For service, deep-fry the partially cooked potatoes in 350°F (180°C) fat until golden in color and done. Season to taste with salt and pepper.
4. Garnish with parsley if desired.

Approximate values per 1-oz. (30-g) serving: **Calories** 90, **Total fat** 4.5 g, **Saturated fat** 1.5 g, **Cholesterol** 0 mg, **Sodium** 60 mg, **Total carbohydrates** 11 g, **Protein** 1 g



Cottage Fries



Shoestring Potatoes



French Fries



Steak Fries

MORE THAN A FRENCH FRY

Thanks to the genius of Carême, Escoffier and others, few vegetables have as extensive a classic repertoire as potatoes. Some of these dishes begin with the duchesse (duh-SHEES) potatoes mixture; in this regard, duchesse potatoes can be considered the mother of many classic potato preparations. For example,

Duchesse + Tomato concassée = Marquis

Duchesse + Chopped truffles + Almond coating + Deep-frying = Berny

Duchesse + Shaping + Breading + Deep-frying = Croquettes

Duchesse + Pâte à choux = Dauphine

Dauphine + Grated Parmesan + Piped shape + Deep-frying = Lorette

Other classic potato preparations not based on duchesse potatoes include the following:

Anna—thin potato slices are arranged in several circular layers in a round pan coated with clarified butter; additional butter is brushed on, and the potatoes are baked until crisp, then cut into wedges for service.

Boulangère—onions and potatoes are sautéed in butter, then transferred to a baking pan or added to a partially cooked roast in a roasting pan; stock is added, and the potatoes are cooked uncovered until done.

Château—tournéed potatoes are sautéed in clarified butter until golden and tender.

Parisienne—small spheres are cut from raw, peeled potatoes with a Parisienne scoop; they are seasoned and sautéed in clarified butter, then tossed with a meat glaze and garnished with chopped parsley.

Rösti—potatoes are shredded, seasoned and pan-fried in the shape of a pie, then cut into wedges for service.

BOILING

Waxy potatoes are best for all moist-heat cooking methods. Boiled potatoes (which are actually simmered) may be served as is or used in multistep preparations such as purées, salads, soups and baked casseroles. Potatoes are usually boiled in water, although stock may be used or milk added for flavor. Always begin cooking potatoes in cold liquid to ensure even cooking. Unlike other vegetables, potatoes should not be refreshed in cold water; it makes them soggy.

▶ PROCEDURE FOR BOILING POTATOES

1. Wash, peel or trim the potatoes as desired.
2. Cut the potatoes into uniform-sized pieces to promote even cooking. The pieces should not be too small, or they will absorb a large amount of water as they cook, making the final product soggy.
3. Add the potatoes to enough cool liquid to cover them by several inches. Bring to a boil, reduce to a simmer and cook until done. If a slightly firm finished product is desired, remove and drain the potatoes when they are slightly underdone and allow carryover cooking to finish cooking them.
4. Drain the potatoes in a colander and serve or use for further preparation.

RECIPE 23.5

MASHED POTATOES

Yield: 3 lb. 8 oz. (1.5 kg) **Method:** Boiling

Potatoes, waxy	5 lb.	2.2 kg
Salt	1 Tbsp.	15 ml
Whole butter, melted, hot	4 oz.	120 g
Milk, hot	8 fl. oz.	240 ml
Salt	1 tsp.	5 ml
White pepper	1/4 tsp.	2 ml

1. Wash and peel the potatoes. Cut each potato into four to six uniform-sized pieces.
2. Place the potatoes in a pot, cover them with water and add 1 tablespoon (15 milliliters) of salt to the water. Bring the water to a boil, reduce to a simmer and cook until the potatoes are tender. Do not overcook the potatoes.
3. When the potatoes are cooked, drain them well in a colander. The potatoes must be very dry. Transfer them to the bowl of an electric mixer. Using the whip attachment, whip the potatoes for 30 to 45 seconds. Scrape the sides and bottom of the bowl and whip for another 15 seconds or until the potatoes are smooth and free of lumps. The potatoes must be smooth before adding any liquids or they will remain lumpy.
4. Add the melted butter, hot milk and seasonings. Whip on low speed to incorporate all of the ingredients. Scrape the sides and bottom of the bowl and whip again for several seconds. Adjust consistency and seasoning.

Variations: *Garlic Mashed Potatoes*—Sweat 1 ounce (30 grams) of chopped garlic in the melted butter for 5 to 10 minutes without browning. Strain the butter if desired. Add the hot garlic butter in place of the melted butter in the recipe.

Horseradish Mashed Potatoes—Add 1 ounce (30 grams) of freshly grated horseradish to the potatoes with the seasonings.

Approximate values per 4-oz. (120-g) serving: **Calories** 190, **Total fat** 7 g, **Saturated fat** 4.5 g, **Cholesterol** 20 mg, **Sodium** 350 mg, **Total carbohydrates** 29 g, **Protein** 3 g, **Vitamin C** 20%

▶ GRAINS

Botanically, grains are grasses that bear edible seeds. Corn, rice and wheat are the most significant. Both the fruit (that is, the seed or kernel) and the plant are called a grain.

Most grain kernels are protected by a **hull** or husk. All kernels are composed of three distinct parts: the **bran, endosperm** and **germ.** See Figure 23.1. The bran is the tough outer layer covering the endosperm. Bran is a good source of fiber and B-complex vitamins. The endosperm is the largest part of the kernel and is a source of protein and carbohydrates (starch). It is the part used primarily in milled products such as flour. The germ is the smallest portion of the grain and is the only part that contains fat. It is also rich in thiamin. The bran, endosperm and germ can be separated by milling.

IDENTIFYING GRAINS

This section presents information on corn, rice and wheat as well as several minor grains that are nutritionally significant and gaining popularity.

Some products are available in a stone-ground form. This means that the grains were ground with a stone mill rather than by the steel blades typically used for **cracking, grinding, hulling** and **pearling.** Stone grinders are gentler and more precise, so they are less likely to overgrind the grain. Stone-ground products will always be labeled as such and are usually more expensive than steel-ground ones.

▶ **cracking** a milling process in which grains are broken open

▶ **grinding** a milling process in which grains are reduced to a powder; the powder can be of differing degrees of fineness or coarseness

▶ **hulling** a milling process in which the hull or husk is removed from grains

▶ **pearling** a milling process in which all or part of the hull, bran and germ are removed from grains

CORN

Corn (Sp. *maíz;* It. *granturco*) is the only grain that is also eaten fresh as a vegetable. (Fresh corn is discussed in Chapter 22, Vegetables.) Its use as a dried grain dates back several thousand years in Central America and long preceded its use as a vegetable.

Cornmeal

Cornmeal is made by drying and grinding a special type of corn known as dent, which may be yellow, white or blue. Cornmeal is most often used in breads, as



Cornmeal

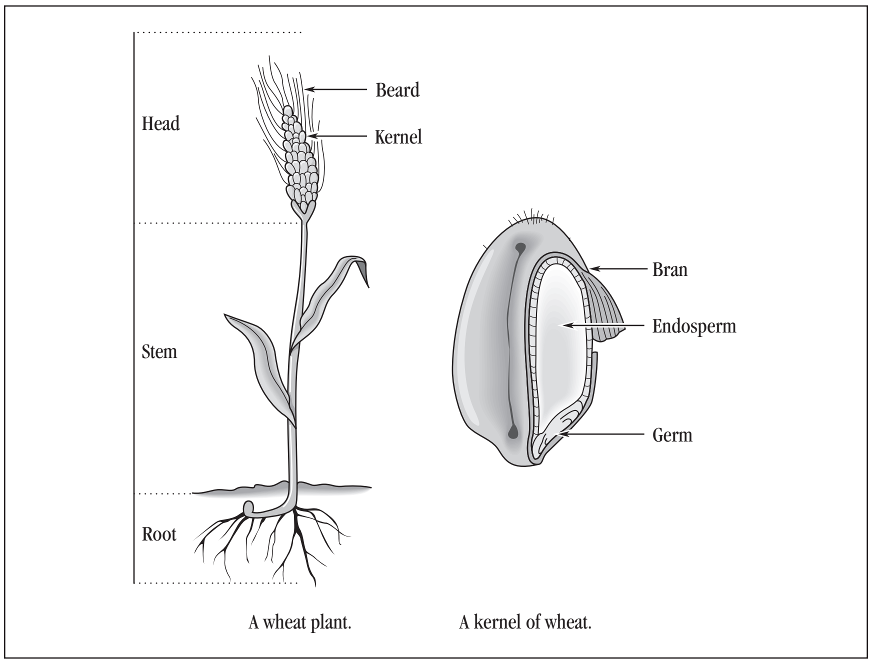


FIGURE 23.1 ▶ Wheat

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a coating for fried foods or cooked as polenta or mush. Products made with cornmeal have a gritty texture and a sweet but starchy flavor.


Hominy

Hominy

Hominy, also known as posole or samp, is dried corn that has been soaked in hydrated lime or lye. This causes the kernels to swell, loosening the hulls. The hulls and germs are removed and the kernels dried. These white or yellow kernels resemble popcorn, but with a soft, chewy texture and smoky-sour flavor. Hominy is available dried or cooked and canned. It may be served as a side dish or used in stews or soups. **Masa harina,** a finely ground flour made from dried hominy, is used for making breads, tortillas, tamales and other Mexican and southwestern dishes.


Grits

Grits

Grits are traditionally made by grinding dried hominy. These tiny white granules may be used in baked dishes but are most often served as a hot breakfast cereal, usually topped with butter or cheese. Quick-cooking and instant grits are available.

RICE

Rice (Fr. *riz;* It. *riso;* Sp. *arroz*) is the starchy seed of a semiaquatic grass. Probably originating on the Indian subcontinent or in Southeast Asia, rice is used as a staple by more than half the world's population.

Rice can be incorporated into almost any cuisine, from Asian to Spanish to classic French. Its flavor adapts to the foods and seasonings with which the rice is cooked or served. Its texture adds an appealing chewiness to meat and poultry dishes, salads, breads and puddings. Rice is not limited to a side dish, but may be used in stews or curries; for stuffing vegetables or game birds and in puddings, salads, beverages (such as Mexican *horchata*) and breads.

Rice is divided into three types based on seed size: **long-grain, medium-grain** and **short-grain.** Long-grain rice is the most versatile and popular worldwide. The grains remain firm, fluffy and separate when cooked. (Long-grain rice can, however, become sticky if overcooked or stirred frequently during cooking.) Short-grain rice has more starch and becomes quite tender and sticky when cooked. Italian risotto, Japanese zushi and Spanish paella are all traditionally made with short-grain rice. The appearance and starch content of medium-grain rice falls somewhere in between. Medium-grain rice becomes sticky when cool, so it is best eaten freshly made and piping hot.


Converted Rice

Long-grain, medium-grain and short-grain rice are available in different processed forms. All rice is originally brown. The grains can be left whole, with the bran attached, for **brown rice.** Or they can be pearled for the more familiar polished **white rice.** Both brown rice and white rice can be processed into converted rice and instant rice.

Converted rice is parboiled to remove the surface starch. This procedure also forces nutrients from the bran into the grain's endosperm. Therefore, converted rice retains more nutrients than regular milled white rice, although the flavor is the same. Converted rice is neither precooked nor instant; in fact, it cooks more slowly than regular milled white rice.

Instant or **quick-cooking rice** is widely available and useful if time is a concern. Instant rice is created by fully cooking and then flash-freezing milled rice. Unfortunately, this processing removes some of the nutrients and flavor.


Arborio Rice

Arborio Rice

Arborio is a round, short-grain rice used primarily in Italian dishes such as risotto. It is very sticky, with a white color and mild flavor.

Basmati Rice
Basmati is one of the finest long-grain rices in the world. It grows in the Himalayan foothills and is preferred in Indian cuisine. It is highly aromatic, with a sweet, delicate flavor and a creamy yellow color. Basmati rice is usually aged to improve its aromatic qualities and should be washed well before cooking. **Jasmine rice** is another aromatic long-grain rice. Similar to basmati, it is grown in Thailand and used throughout Southeast Asia.



Basmati Rice

Brown Rice
Brown rice is the whole natural grain of rice. Only the husk has been removed. Brown rice has a nutty flavor; its chewy texture is caused by the high-fiber bran. Brown rice absorbs more water and takes longer to cook than white rice.



Brown Rice

Sticky Rice
Sticky rice is a short-grain rice used in many Asian cuisines. The short grains are fat and round with a high starch content and a pearly white color. When cooked, the grains tend to clump together, forming a sticky mass. Sticky rice must be soaked for several hours before being cooked. Also known as glutinous rice or sweet rice, it can be ground into flour and used for dumplings and pastries. Japanese sake and mirin and Chinese shaoxing are made from fermented sticky rice, as is rice vinegar.

Wild Rice
Wild rice is prepared in the same manner as traditional rice, although it is actually the seed of an unrelated reedlike aquatic plant. Wild rice has long, slender grains with a dark brown to black color. It has a nuttier flavor and chewier texture than traditional rice. Three grades are available: giant (the best quality, with very long grains); fancy (a medium-sized grain, suitable for most purposes); and select (a short grain, suitable for soups, pancakes or baked goods). Cultivated in California, Idaho and Washington, it is generally served with game, used as a stuffing for poultry or combined with regular rice for a side dish. Wild rice is expensive, but small quantities are usually sufficient.



Wild Rice

Wild Pecan Rice
Wild pecan rice is neither wild nor made with pecans. It is a unique long-grain rice grown only in the bayou country of southern Louisiana. Wild pecan rice has a nutty flavor and exceptionally rich aroma.



Wild Pecan Rice

Guidelines for Cooking Rice
Rice may be rinsed before cooking to remove dirt and debris, but doing so also removes some of its nutrients. It is not necessary to rinse most American-grown rice, which is generally clean and free of insects. Rice may also be soaked before cooking. Soaking softens the grains, removes some starch and speeds cooking.

The standard ratio for cooking rice is 2 parts liquid to 1 part rice. The actual ratio varies, however, depending on the type of rice. Guidelines for cooking rice are found in Table 23.2.

WHEAT
Wheat (Fr. *blé*) is most often milled into the wide range of flours discussed in Chapter 29, Principles of the Bakeshop. But wheat and products derived from it are also used as starchy side dishes or ingredients in soups, salads, ground meat dishes and breads. These products include cracked wheat, bulgur and couscous. When cooked, they are slightly chewy with a mild flavor. All should be fluffy; none should be soggy or sticky.

Wheat germ and *wheat bran* are widely available and highly touted for their nutritional values. Bran and germ are not generally used plain, but may be added to bread or other cooked dishes.

SAFETY ALERT

Once cooked, rice is highly perishable. Because of its neutral pH and high protein content, cooked rice is a potentially hazardous food. To avoid the risk of food-borne illnesses, be sure to hold hot rice at 140°F (60°C) or higher. Leftover rice must be quickly cooled and stored at 40°F (4°C) or below. Leftover rice must be reheated to 165°F (74°C) or higher.

Table 23.2 GUIDELINES FOR COOKING RICE

TYPE OF RICE	RATIO RICE: WATER (BY VOLUME)	PREPARATION	COOKING TIME (SIMMERING)	YIELD FROM 1 CUP RAW RICE
Arborio	1:2.5–3	Do not rinse or soak	15–20 min.	2½–3 c.
Basmati	1:1.75	Rinse well; soak	15 min.	3 c.
Brown, long-grain	1:2.5	Do not rinse; may soak	45–50 min.	3–4 c.
Converted	1:2.5	Do not rinse	20–25 min.	3–4 c.
White, long-grain (regular milled)	1:2	Do not rinse	15 min.	3 c.
Wild	1:3	Rinse	35–60 min., depending on grade	3–4 c.

Cracked Wheat

Cracked wheat is the whole wheat kernel (known as a **berry**) broken into varying degrees of coarseness. It is not precooked, and the kernel's white interior should be visible. The bran and germ are still intact, so cracked wheat has a great deal of fiber but a short shelf life. Whole wheat berries must be soaked for several hours before cooking. Cracked wheat can be fully cooked by long, gentle simmering.



Bulgur

Bulgur

Bulgur is a wheat berry that has had the bran removed; it is then steam-cooked, dried and ground into varying degrees of coarseness. Bulgur has a nutlike flavor and texture; it is a uniform golden-brown color (uncooked cracked wheat is not) and requires less cooking time than cracked wheat. Generally, cracked wheat and bulgur cannot be substituted for one another in recipes.

Bulgur needs only to be soaked in water, then drained, for use in salads, or briefly cooked when used in stews or pilafs. Bulgur is good with grilled meats and as an alternative to rice in stuffings and other dishes. The fine grind is most often used in packaged mixes such as tabouli; the medium grind is most often available in bulk.

▶ **durum wheat** a species of very hard wheat with a particularly high amount of protein; it is used to make couscous or milled into semolina, which is used for making pasta



Couscous

Couscous

Couscous is made by removing the bran and germ from **durum wheat** berries. The endosperm is then steamed, pressed to form tiny pellets and dried. Couscous is available in varying degrees of coarseness; medium-fine is the most popular. Couscous is prepared by steaming over water or stock in a pot called a couscousière. Couscous, traditionally served with North African stews, can be used or served like rice.

OTHER GRAINS

Barley



Barley

Barley is one of the oldest culinary grains, used by humans since prehistoric times. Barley is extremely hardy, growing in climates from the tropics to the near-Arctic. Although much of the barley crop is used to make beer or feed animals, some does find its way into soups, stews and stuffings. The most common type is pearled to produce a small, round white nugget of endosperm. It has a sweet, earthy flavor similar to oats, and goes well with onions, garlic and strong herbs. Barley's texture ranges from chewy to soft, depending on the amount of water in which it is cooked. Its starchiness can be used to thicken soups or stews.

Buckwheat/Kasha



Buckwheat/Kasha

Buckwheat is not a type of wheat; it is not even a grain. Rather, it is the fruit of a plant distantly related to rhubarb. Buckwheat is included here, however, because it is prepared and served in the same manner as grains.

The whole buckwheat kernel is known as a **groat.** The product most often sold as buckwheat is actually kasha, which is a hulled, roasted buckwheat groat. Kasha is reddish brown with a strong, nutty, almost scorched flavor. It is available whole or ground to varying degrees of coarseness. Whole kasha remains in separate grains after cooking; the finer grinds become rather sticky. Kasha can be served as a side dish, usually combined with pasta or vegetables, or it can be chilled and used in salads.

Raw buckwheat groats are ground into flour typically used in pasta, blini and other pancakes. Buckwheat flour contains no gluten-forming proteins, and it tends to remain grainy, with a sandy texture. Therefore, it should not be substituted for all the wheat flour in breads or baked goods.

Millet



Millet

Millet is a high-protein cereal grain with a bland, slightly nutty flavor and a white color. Used principally as animal fodder in the United States, millet can be cooked and eaten like rice or toasted like buckwheat and cooked like kasha. It can also be ground for flour (when used for baking, it is best combined with wheat flour). Millet is usually sold hulled, as the husk is extremely hard.

Oats

After rice, oats are probably the most widely accepted whole-grain product in the American diet. Oats are consumed daily as a hot breakfast cereal (oatmeal) and are used in breads, muffins, cookies and other baked goods.

An oat groat is the whole oat kernel with only the husk removed. It contains both the bran and germ. *Steel-cut oats,* sometimes known as Irish oats, are groats that are toasted and then cut into small pieces with steel blades. *Rolled oats,* marketed as "old-fashioned oats," are groats that have been steamed, then rolled into flat flakes. *Quick-cooking oats* are simply rolled oats cut into smaller pieces to reduce cooking time. *Instant oats* are partially cooked and dried before rolling so that they need only to be rehydrated in boiling water. Rolled oats and quick-cooking oats can be used interchangeably, but instant oats should not be substituted in most recipes.



Oats

Oat bran is the outer covering of a hulled oat. It is available as a separate product, although rolled and cut oats do contain some oat bran.

The term *oatmeal* is commonly used to refer to both processed groats and the cooked porridge made from them. The processed groats known as oatmeal are a gray-white color with a starchy texture and sweet flavor. They cook into the soft, thick porridge with a robust flavor called oatmeal.

Quinoa



Quinoa

Quinoa (keen-wa) is native to the South American Andes and was a common food of the Incas, who referred to it as the "mother grain." Although not botanically a true grain, quinoa's tiny seeds are treated as such. The grains (seeds) are small, flattened spheres, approximately $\frac{1}{16}$ inch (1.5 millimeters) in diameter, ringed with the germ. They become translucent when cooked and have a slightly smoky or sesamelike flavor. Several varieties of quinoa are available, ranging in color from dark brown to almost white. The larger whiter varieties are most common and are considered superior.

Quinoa seeds have a natural, bitter-tasting coating, which protects them from birds and insects. Consequently, they should be placed in a fine-meshed colander and rinsed well with cool water for several minutes before use. Quinoa can then be cooked like rice, and will absorb about twice its volume of water. For a nuttier taste, toast the grain in a hot dry pan for about 5 minutes before adding the liquid. Quinoa can also be eaten as a hot breakfast cereal, used in lieu of rice, as a thickener for soups or stews and in salads, casseroles, breads and

desserts. Quinoa flour, ground from whole seeds, has a delicate nutty flavor. A gluten-free product, it is suitable for anyone bothered by wheat allergies. Quinoa is marketed as the world's "supergrain" because the seeds form a complete protein (with all of the essential amino acids) and contain important vitamins and minerals as well as carbohydrates and fat. Quinoa should be kept in the refrigerator or freezer for long-term storage. The leaves of the quinoa plant are similar to spinach and can be eaten as a vegetable.

NUTRITION

Grains are an excellent source of vitamins, minerals, proteins and fiber. The amount of milling or refining and the method of preparation affect their nutritional values, however. Unrefined and less-refined grains are excellent sources of dietary fiber. Rice is also quite nutritious: It is low in sodium and calories and contains all the essential amino acids. Some grains, especially white rice and oats, are usually enriched with calcium, iron and B-complex vitamins.

PURCHASING AND STORING GRAINS

PURCHASING

When buying grains, look for fresh, plump ones with a bright, even color. Fresh grains should not be shriveled or crumbly; there should be no sour or musty odors.

Grains are sold by weight. They come in bags or boxes ranging from 1 to 100 pounds. Ten-, 25- and 50-pound units are usually available.

STORING

All grains should be stored in airtight containers placed in a dark, cool, dry place. Airtight containers prevent dust and insects from entering. Airtight containers and darkness also reduce nutrient loss caused by oxidation or light. Coolness inhibits insect infestation; dryness prevents mold.

Vacuum-sealed packages will last for extended periods. Whole grains, which contain the oily germ, can be refrigerated to prevent rancidity.

APPLYING VARIOUS COOKING METHODS

Three basic cooking methods are used to prepare grains: simmering, risotto and pilaf. Unlike simmered grains, those cooked by either the risotto or pilaf method are first coated with hot fat. The primary distinction between the pilaf and risotto methods is the manner in which the liquid is then added to the grains. See Figure 23.2. When grains are used in puddings, breads, stuffings and baked casseroles, they are almost always first fully cooked by one of these methods.

DETERMINING DONENESS

Most grains should be cooked until tender, although some recipes do require a chewier or more al dente product. Doneness can usually be determined by cooking time and the amount of liquid remaining in the pan. Some grains, such as wild rice, are fully cooked when they puff open.

In general, grains will be fully cooked when almost all the cooking liquid has been-absorbed. This is indicated by the appearance of tunnel-like holes be-

SIMMERING	=	Grain	→	Boiling liquid	→	Cover and simmer
RISOTTO	=	Sauté grain	→	Hot liquid added gradually	→	Stir constantly
PILAF	=	Sauté grain	→	All liquid added at once	→	Cover and simmer

FIGURE 23.2 ▶ Cooking methods

tween the grains. Grains can be cooked until almost all of the liquid is absorbed, then removed from the heat and left to stand, covered, for 5–10 minutes. This allows the cooked grains to absorb the remaining moisture without burning.

SIMMERING

The most commonly used method for preparing grains is simmering. To do so, simply stir the grains into a measured amount of boiling salted water in a saucepan on the stove top. When the liquid returns to a boil, lower the heat, cover, and simmer until the liquid is absorbed and the grains are tender. The grains are not stirred during cooking.

The grains can be flavored by using stock as the cooking liquid. Herbs and spices can also be added.

▶ PROCEDURE FOR SIMMERING GRAINS

1. Bring the cooking liquid to a boil.
2. Stir in the grains. Add herbs or spices as desired or as directed in the recipe.
3. Return the mixture to a boil, cover and reduce to a simmer.
4. Simmer the grains until tender and most of the liquid is absorbed.
5. Remove the grains from the heat.
6. Drain if appropriate or keep covered and allow the excess moisture to evaporate, approximately 5 minutes. Fluff the grains with a fork before service.

SIMMERED RICE

RECIPE 23.6



Yield: 1½ pt. (750 ml) **Method:** Simmering

Water	1 pt.	500 ml
Salt	½ tsp.	2 ml
White rice	1 c.	250 ml

1. Bring the water and salt to a boil in a heavy saucepan. Slowly add the rice.
2. Cover the pan and reduce the heat so that the liquid simmers gently. Cook until the rice is tender and the water is absorbed, approximately 15 to 20 minutes.
3. Remove from the heat and transfer to a hotel pan. Do not cover. Allow any excess moisture to evaporate for approximately 5 minutes.
4. Fluff the rice and serve, or refrigerate for use in another recipe.

Approximate values per ½ c. (120-ml) serving: **Calories** 150, **Total fat** 0 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 192 mg, **Total carbohydrates** 34 g, **Protein** 3 g, **Iron** 8%, **Claims**—fat free, no sugar

RISOTTO METHOD

Risotto is a classic northern Italian rice dish in which the grains remain firm but merge with the cooking liquid to become a creamy, almost puddinglike dish. True risotto is made with a short-grain starchy rice such as Arborio, but the risotto method can also be used to cook other grains such as barley and oats.

The grains are not rinsed before cooking, as this removes the starches needed to achieve the desired consistency. The grains are coated, but not cooked, in a hot fat such as butter or oil. A hot liquid is then gradually added to

the grains so that the mixture is kept at a constant simmer. The cooking liquid should be a rich, flavorful stock. Unlike simmering and the pilaf method, the risotto method requires frequent, sometimes constant, stirring.

When finished, the grains should be creamy and tender, but still al dente in the center. Grated cheese, heavy cream, cooked meat, poultry, fish, shellfish, herbs and vegetables can be added to create a flavorful side dish or a complete meal.

▶ PROCEDURE FOR PREPARING GRAINS BY THE RISOTTO METHOD

1. Bring the cooking liquid (usually a stock) to a simmer.
2. Heat the fat in a heavy saucepan over moderate heat. Add any onions, garlic or other flavoring ingredients and sauté for 1–2 minutes without browning.
3. Add the grains to the saucepan. Stir well to make sure the grains are well coated with fat. Do not allow the grains to brown.
4. Add any wine and cook until it is fully absorbed.
5. Begin to add the simmering stock, 4 fluid ounces (120 milliliters) at a time, stirring frequently. Wait until each portion of cooking liquid is almost fully absorbed before adding the next.
6. Test for doneness after the grains have cooked for approximately 18 to 20 minutes.
7. Remove the saucepan from the heat and stir in any butter, grated cheese, herbs or other flavoring ingredients as directed. Garnish as desired and serve immediately.

RECIPE 23.7

RISOTTO MILANESE

Yield: 24 Serving, 4 oz. (120 g) each **Method:** Risotto

Chicken stock	2½ qt.	2.5 lt
Whole butter	4 oz.	120 g
Onions, minced	5 oz.	150 g
Arborio rice	1 lb. 8 oz.	700 g
Dry white wine	8 fl. oz.	250 ml
Saffron threads, crushed	½ tsp.	2 ml
Parmesan, grated	4 oz.	120 g

1. Bring the chicken stock to a simmer.
2. Heat 3 ounces (90 grams) of the butter in a large, heavy saucepan. Add the onions and sauté until translucent.
3. Add the rice to the onions and butter. Stir well to coat the grains with butter, but do not allow the rice to brown. Add the wine and stir until it is completely absorbed.
4. Add the saffron. Add the simmering stock, 4 fluid ounces (120 milliliters) at a time, stirring frequently. Wait until the stock is absorbed before adding the next 4-fluid-ounce (120-milliliter) portion.
5. After approximately 18 to 20 minutes, all the stock should be incorporated and the rice should be tender. Remove from the heat and stir in the remaining 1 ounce (30 grams) of butter and the grated cheese. Serve immediately.

Variations: *Risotto with Radicchio* (al Radicchio)—Omit the saffron and Parmesan. Just before the risotto is fully cooked, stir in 4 fluid ounces (120 milliliters) of heavy cream and 3 ounces (90 grams) of finely chopped radicchio leaves.



1 Sautéing the rice and onions in butter.



2 Adding the stock gradually while stirring frequently.



3 Stirring in the butter and grated cheese.

Risotto with Four Cheeses (al Quattro Formaggi)—Omit the saffron. When the risotto is fully cooked, remove from the heat and stir in 2 ounces (60 grams) each of grated Parmesan, Gorgonzola, Fontina and mozzarella. Garnish with toasted pine nuts and chopped parsley.

Risotto with Smoked Salmon (al Salmone Affumicato)—Omit the butter, saffron and Parmesan. Sauté the onions in 3 fluid ounces (90 milliliters) of corn or safflower oil instead of butter. When the risotto is fully cooked, remove from the heat and stir in 8 fluid ounces (240 milliliters) half-and-half, 3 fluid ounces (90 milliliters) fresh lemon juice and 8 to 10 ounces (240–300 grams) good-quality smoked salmon. Garnish with chopped fresh parsley and dill. Serve with lemon wedges.

Approximate values per 4-oz. (120-g) serving: **Calories** 110, **Total fat** 6 g, **Saturated fat** 3.5 g, **Cholesterol** 15 mg, **Sodium** 470 mg, **Total carbohydrates** 9 g, **Protein** 5 g

PILAF METHOD

For the pilaf method, the raw grains are lightly sautéed in oil or butter, usually with onions or seasonings for additional flavor. Hot liquid, often a stock, is then added. The pan is covered and the mixture is left to simmer until the liquid is absorbed.

▶ PROCEDURE FOR PREPARING GRAINS BY THE PILAF METHOD

1. Bring the cooking liquid (either water or stock) to a boil.
2. Heat the fat in a heavy saucepan over moderate heat. Add any onions, garlic or other flavorings and sauté for 1 to 2 minutes without browning.
3. Add the grains to the saucepan. Stir well to make sure the grains are well coated with fat. Do not allow the grains to brown.
4. All at once, add the hot cooking liquid to the sautéed grains.
5. Return the liquid to a boil, reduce to a simmer and cover.
6. Allow the mixture to simmer, either in the oven or on the stove top, until the liquid is absorbed.

BULGUR PILAF

RECIPE 23.8

Yield: 8 Servings, 4 oz. (120 g) each **Method:** Pilaf

Whole butter	2 oz.	60 g
Onions, fine dice	4 oz.	120 g
Bulgur	10 oz.	300 g
Bay leaf	1	1
Chicken stock, hot	1 qt.	1 lt
Salt and pepper	TT	TT

1. Melt the butter in a large, heavy saucepan over moderate heat. Add the onions and sauté until translucent.
2. Add the bulgur and bay leaf. Sauté until the grains are well coated with butter.
3. Add the hot stock and season to taste with salt and pepper. Reduce the heat until the liquid barely simmers.
4. Cover and continue cooking until all the liquid is absorbed and the grains are tender, approximately 18 to 20 minutes.
5. Fluff with a fork and adjust the seasonings before service.

Variation: *Barley Pilaf*—Substitute 2 cups (500 milliliters) of pearled barley for the bulgur. Cooking time may increase by 10 to 15 minutes.

Approximate values per 4-oz. (120-g) serving: **Calories** 110, **Total fat** 7 g, **Saturated fat** 4 g, **Cholesterol** 15 mg, **Sodium** 470 mg, **Total carbohydrates** 9 g, **Protein** 4 g



1 Sautéing the bulgur in butter.



2 Adding the hot stock to the bulgur.



3 Fluffing the finished bulgur.

▶ Pasta

▶ **extrusion** the process of forcing pasta dough through perforated plates to create various shapes; pasta dough that is not extruded must be rolled and cut

Pasta is made from an unleavened dough of wheat flour mixed with a liquid. The liquid is usually egg and/or water. The flour can be from almost any grain: wheat, buckwheat, rice or a combination of grains. The dough can be colored and flavored with puréed vegetables, herbs or other ingredients, and it can be cut or **extruded** into a wide variety of shapes and sizes.

Pasta can be cooked fresh while the dough is still moist and pliable, or the dough can be allowed to dry completely before cooking. Pasta can be filled or sauced in an endless variety of ways. It can stand alone or be used in salads, desserts, soups or casseroles.

Pasta is widely used in the cuisines of Asia, North America and Europe. In Italy, pasta dishes are usually served as a separate course, referred to as the *minestre;* in other European countries, Asia and the United States, pasta dishes may be served as an appetizer, entrée or side dish.

IDENTIFYING PASTAS

The better-known pastas are based on the Italian tradition of kneading wheat flour with water and eggs to form a smooth, resilient dough. This dough is then rolled very thin and cut into various shapes before being boiled in water or dried for longer storage.

Commercially prepared dried pasta products are usually made with semolina flour. Semolina flour, ground from hard durum wheat and available from specialty purveyors, has a rich cream color and produces a very smooth, durable dough. Semolina dough requires a great deal of kneading, however, and bread flour is an acceptable substitute when preparing fresh pasta by hand.

Asian pasta, generally known as noodles, is made from wheat, rice, bean or buckwheat flour. It is available fresh or dried from commercial purveyors and at specialty markets.



Semolina

ITALIAN-STYLE PASTA

Although all Italian-style pasta is made from the same type of dough, the finest commercial pastas are those made with pure semolina flour, which gives the dough a rich, yellow color. Gray or streaked dough probably contains softer flours. Dried pasta should be very hard and break with a clean snap. The surface should be lightly pitted or dull. (A smooth or glossy surface will not hold or absorb sauces as well.)

Dried pasta, both domestic and imported, is available in a wide range of flavors and shapes. In addition to the traditional white (plain), green (spinach) and red (tomato) pastas, manufacturers are now offering flavor combinations such as lemon-peppercorn, whole wheat–basil, jalapeño–black bean and carrot-ginger. Small pieces of herbs or other flavorings are often visible in these products.

▶ **macaroni** any dried pasta made with wheat flour and water; only in the United States does the term refer to elbow-shaped tubes

There are hundreds of recognized shapes of pasta, but only two or three dozen are generally available in the United States. When experimenting with unusual flavors and shapes, be sure to consider the taste and appearance of the final dish after the sauce and any garnishes are added.

Italian-style pasta can be divided into three groups based on the shape of the final product: ribbons, tubes and shapes. There is no consistent English nomenclature for these pastas; the Italian names are recognized and applied virtually worldwide. (A specific shape or size may be given different names in different regions of Italy, however. These distinctions are beyond the scope of this text.)

Ribbons

Pasta dough can be rolled very thin and cut into strips or ribbons of various widths. All ribbon shapes work well with tomato, fish and shellfish sauces. Thicker ribbons, such as spaghetti and fettuccine, are preferred with cream or cheese sauces. Sheets of fresh pasta dough can be filled and shaped to create

THE MACARONI MYTH

The popular myth holds that noodles were first invented in China and discovered there by the Venetian explorer Marco Polo during the 13th century. He introduced the food to Italy and from there the rest of Europe. Although there is little doubt that the Chinese were making noodles by the 1st century A.D., it is now equally clear that they were not alone.

Middle Eastern and Italian cooks were preparing macaroni long before Marco Polo's adventures. A clear reference to boiled noodles appears in the *Jerusalem Talmud* of the 5th century A.D. There, rabbis debate whether noodles violate Jewish dietary laws (they do, but only during Passover). Tenth-century Arabic writings refer to dried noodles purchased from vendors. Literary references establish that dishes called lasagna, macaroni and ravioli were all well known (and costly) in Italy by the mid-13th century.

Pasta's current popularity dates from the 18th century, when mass production by machine began in Naples, Italy. English gentlemen on their "grand tours" of the European continent developed a fondness for pasta; the word *macaroni* became a synonym for a dandy or a vain young man. Macaroni arrived in America with English colonists, who preferred it with cream sauce and cheese or in a sweet custard. Domestic factories soon opened, and by the Civil War (1861–1865), macaroni was available to the working class. Pasta became a staple of the American middle-class diet following the wave of Italian immigrants in the late 19th century.

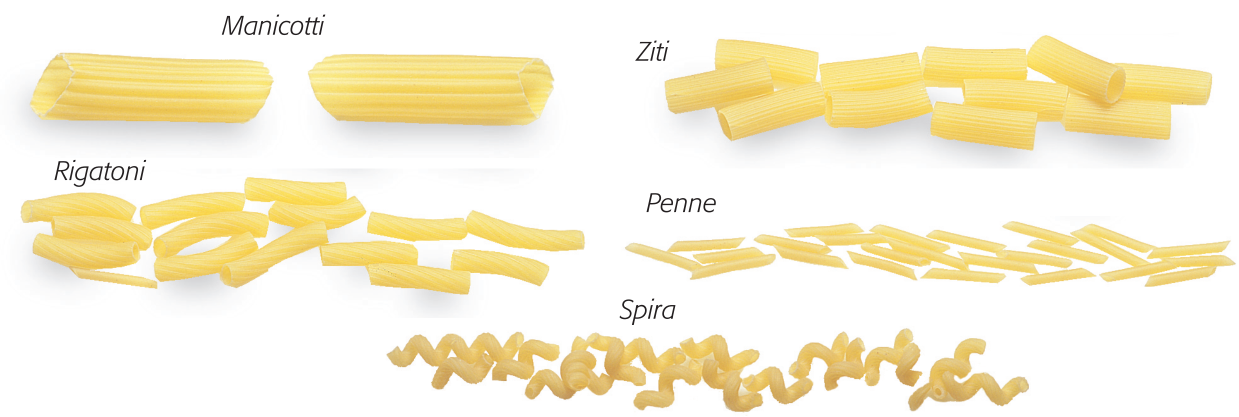
During the 1980s pasta became ubiquitous. Restaurants began serving it in ways previously unimagined. Corner grocery stores and local supermarkets began offering at least a dozen different shapes, often fresh and sometimes flavored. Dedicated cooks began to make pasta from scratch, though they sometimes tossed it with bottled sauce. Many also became interested in Asian noodles. Chinese, Japanese, Korean and Thai restaurants expanded their menu offerings to include traditional noodle dishes that were eagerly ordered by curious consumers. Pasta's popularity continues to grow as chefs discover the versatility of this inexpensive, nutritious food.



ravioli, cappelletti and tortellini. Filled pasta is usually served with a light cream- or tomato-based sauce that complements the filling's flavors.

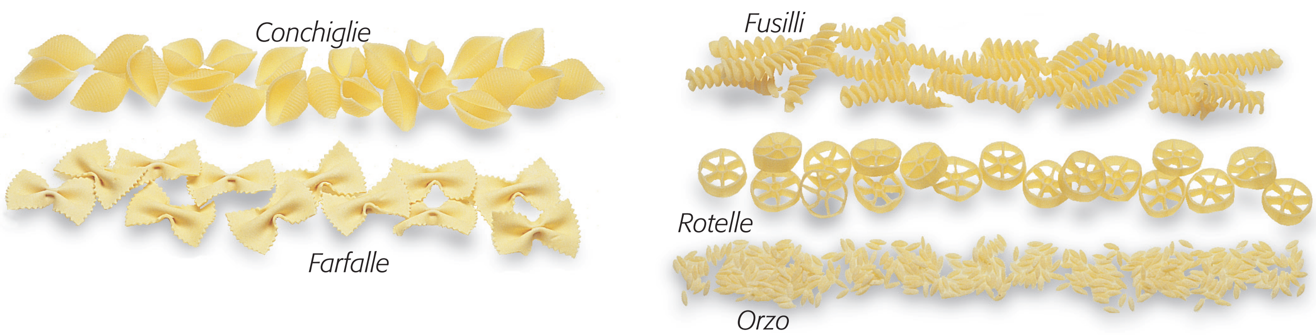
Tubes

Cylindrical forms or tubes are made by extrusion. The hollow tubes can be curved or straight, fluted or smooth. Tubes are preferred for meat and vegetable sauces and are often used in baked casseroles.



Shapes

The extrusion process can also be used to shape pasta dough into forms. The curves and textures produced provide nooks and crevices that hold sauces well. Shaped pastas, such as conchiglie, farfalle and fusilli, are preferred with meat sauces and oil-based sauces such as pesto. Larger shaped pastas can be cooked, then stuffed with meat or cheese fillings and baked or served as a casserole.



ASIAN NOODLES

Asian noodles are not cut into the same wealth of shapes and sizes as Italian-style pasta, nor are they flavored or colored with vegetable purées, herbs or other ingredients.

Virtually all Asian noodles are ribbons—some thin, some thick—folded into bundles and packaged. Differences arise because of the flours used for the dough.

Most dried Asian noodles benefit by soaking in hot water for several minutes before further preparation. The water softens the noodle strands; the bundles separate, and the noodles cook more evenly.



Flour Stick Wheat Noodles (without egg)

Fresh Wheat and Egg Noodles

Rice Vermicelli

Cellophane Noodles

Japanese Wheat Somen

WHEAT NOODLES

Wheat noodles, also known as egg noodles, are the most popular and most widely available of the Asian noodles. They are thin, flat noodles with a springy texture; they are available fresh or dried. Dried egg noodles can be deep-fried after boiling to create crisp golden noodles (chow mein) used primarily as a garnish.

Japanese wheat noodles, known as *somen* (if thick) and *udon* (if thin), may be round, square or flat. They are eaten in broth or with a dipping sauce.

RICE NOODLES

Rice noodles are thin dried noodles made with rice flour. They should be soaked in hot water before cooking and rinsed in cool running water after boiling to remove excess starch and prevent sticking. Rice noodles are often served in soups or sautéed.

Rice vermicelli, which has very fine strands, can be fried in hot oil without presoaking. In only a few seconds, the strands will turn white, puff up and become crunchy. Mounds of crunchy rice noodles can be used as a base for sautéed dishes or for presenting hors d'oeuvres.

BEAN STARCH NOODLES

Bean starch noodles are also known as spring rain noodles, bean threads, bean noodles or cellophane noodles. They are thin, transparent noodles made from mung beans. Dried bean noodles can be fried in the same manner as rice vermicelli. Otherwise, they must be soaked in hot water before using in soups, stir-fries or braised dishes.

BUCKWHEAT NOODLES

Buckwheat flour is used in the noodles of northern Japan and the Tokyo region, known as soba noodles. Soba noodles are available fresh or dried and do not need soaking before cooking. They are traditionally served in broth or with a dipping sauce, but may be substituted for Italian-style pasta if desired.

NUTRITION

Pastas are very low in fat and are an excellent source of vitamins, minerals, proteins and carbohydrates. Also, the processed products are sometimes enriched with additional nutrients.

DUMPLINGS

A **dumpling** is a small mound of dough cooked by steaming or simmering in a flavorful liquid. Dumplings are found in many cuisines: Italian gnocchi, Jewish matzo balls, German spaetzle, Chinese wontons, Belorussian pahmayne and Polish pierogi. Dumplings can be sweet or savory, plain or filled.

Plain or **drop dumplings** are made with a breadlike dough, often leavened with yeast or chemical leavening agents. They should be light and tender, but firm enough to hold their shape when cooked. Drop dumplings may be served with stews or broths, or coated with butter or sauce as an appetizer or side dish.

Filled dumplings are made by wrapping noodle dough around seasoned meat, vegetables, cheese or fruit. These parcels are then steamed, fried or baked and served as a snack food, appetizer or side dish. A recipe for deep-fried wontons is included in Chapter 28, Hors d'Oeuvre and Canapés.

PURCHASING AND STORING PASTA PRODUCTS

Pasta products are purchased by weight, either fresh or dried. Tubes and shapes are not generally available fresh. Dried products, by far the most common, are available in boxes or bags, usually in 1-, 10- and 20-pound units. They can be stored in a cool, dry place for several months. Fresh pasta can be stored in an airtight wrapping in the refrigerator for a few days or in the freezer for a few weeks.

PREPARING FRESH PASTA

MAKING FRESH PASTA

Fresh pasta is easy to make, requiring almost no special equipment and only a few staples. The basic form is the **sfoglia,** a thin, flat sheet of dough that is cut into ribbons, circles or squares.

Although pasta dough can be kneaded by hand, stretched and rolled with a rolling pin and cut with a chef's knife, pasta machines make these tasks easier. Pasta machines are either electric or manual. Some electric models mix and knead the dough, then extrude it through a cutting disk. An extrusion machine is most practical in a food service operation that regularly serves large quantities of pasta. The pasta machine more often encountered is operated manually with a hand crank. It has two rollers that knead, press and push the dough into a thin, uniform sheet. Adjacent cutting rollers slice the thin dough into various widths for fettuccine, spaghetti, capellini and the like.

RECIPE 23.9

BASIC PASTA DOUGH



1 Adding flour to the mixing bowl and using the paddle until the mixture forms a soft dough.



2 The finished dough.

Yield: 4 lb. (1.8 kg)

Eggs	15	15
Olive oil	1 fl. oz.	30 ml
Salt	1 Tbsp.	15 ml
Bread flour*	2 lb. 8 oz.	1.1 kg

1. Place the eggs, oil and salt in a large mixer bowl. Use the paddle attachment to combine.
2. Add one-third of the flour and stir until the mixture begins to form a soft dough. Remove the paddle attachment and attach the dough hook.
3. Gradually add more flour until the dough is dry and cannot absorb any more flour.
4. Remove the dough from the mixer, wrap it well with plastic wrap and set it aside at room temperature for 20 to 30 minutes.
5. After the dough has rested, roll it into flat sheets by hand or with a pasta machine. Work with only a small portion at a time, keeping the remainder well covered to prevent it from drying out.
6. While the sheets of dough are pliable, cut them into the desired width with a chef's knife or pasta machine. Sheets can also be used for making ravioli, as illustrated next.

Variations: *Garlic-Herb*—Roast 1 head of garlic. Peel and purée the cloves and add to the eggs. Add up to 2 ounces (60 grams) of finely chopped assorted fresh herbs just before mixing is complete.

Spinach—Add 8 ounces (250 grams) of cooked, puréed and well-drained spinach to the eggs. Increase the amount of flour slightly if necessary.

Tomato—Add 4 ounces (120 grams) of tomato paste to the eggs; omit the salt. Increase the amount of flour slightly if necessary.

Chipotle—Purée 6 ounces (180 grams) of canned chipotle chiles in adobo sauce in a blender or food processor. Add the purée to the egg and oil mixture. Use additional flour, if necessary.

Approximate values per 1-oz. (30-g) serving: **Calories** 80, **Total fat** 2 g, **Saturated fat** 0.5 g, **Cholesterol** 50 mg, **Sodium** 125 mg, **Total carbohydrates** 13 g, **Protein** 3 g

*Semolina flour can be substituted for all or part of the bread flour in this recipe, although it makes a stronger dough that is more difficult to work with by hand.

▶ PROCEDURE FOR ROLLING AND CUTTING PASTA DOUGH

1. Work with a small portion of the dough. Leave the rest covered with plastic wrap to prevent it from drying out.
2. Flatten the dough with the heel of your hand.
3. Set the pasta machine rollers to their widest setting. Insert the dough and turn the handle with one hand while supporting the dough with the other hand. Pass the entire piece of dough through the rollers.
4. Dust the dough with flour, fold it in thirds and pass it through the pasta machine again.
5. Repeat the folding and rolling procedure until the dough is smooth. This may require four to six passes.
6. Tighten the rollers one or two marks, then pass the dough through the machine. Without folding it in thirds, pass the dough through the machine repeatedly, tightening the rollers one or two marks each time.
7. When the dough is thin enough to see your hand through it, but not so thin that it begins to tear, it is ready to use or cut into ribbons. This sheet is the *sfoglia*.
8. To cut the sfoglia into ribbons, gently feed a manageable length of dough through the desired cutting blades.
9. Lay out the pasta in a single layer on a sheet pan dusted with flour to dry. Layers of pasta ribbons can be separated with parchment paper.



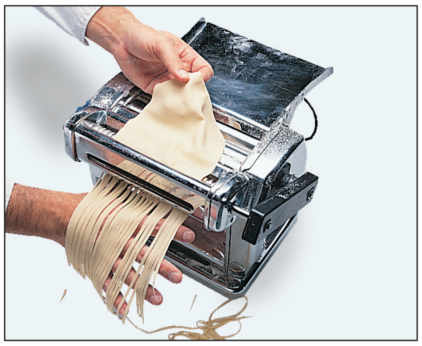
1 Passing the entire piece of dough through the pasta machine.



2 Folding the dough in the thirds.



3 Passing the dough through the pasta machine to achieve the desired thinkness.



4 Using the pasta machine to cut the pasta into the desired width.

FILLING PASTA

Sheets of raw pasta dough can be filled or folded to create ravioli (squares), tortellini (round "hats" with a brim of dough), lunettes (circles of dough folded into half-moons), agnolotti (squares of dough folded into rectangles), cappelletti (squares of dough folded and shaped into rings) and other shapes. The filled pieces of dough are then cooked in boiling water using the procedure for cooking pasta ribbons discussed later. The filling can include almost anything—cheese, herbs, vegetables, fish, shellfish, meat or poultry. It can be uncooked or precooked. But any meat filling should be fully cooked before the pasta is assembled, as the time it takes for the dough to cook may not be sufficient to cook the filling.

Cannelloni is a different type of filled pasta: A large square of cooked dough is wrapped around a meat or cheese filling and baked. Popular lasagna dishes are similar. Lasagna are wide, flat sheets of pasta, that are cooked and then layered with cheese, tomato sauce and meat or vegetables as desired. The finished casserole is baked and cut into portions.

Some of the larger, commercially prepared pasta shapes such as large shells (conchigloni or rigate) or large tubes (manicotti) can be partially cooked in boiling water, then filled, sauced and baked as a casserole.

Asian noodle dough is also made into filled items such as dumplings, wontons, egg rolls (made with egg noodle dough) and spring rolls (made with rice paper). These items are usually steamed, pan-fried or deep-fried. When making filled pasta, consider the flavors and textures of the filling, dough and sauce. Each should complement the others.

▶ PROCEDURE FOR PREPARING RAVIOLI

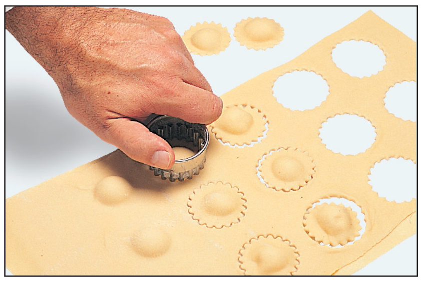
1. Prepare a basic pasta dough of the desired flavor.
2. Prepare and chill the desired filling.
3. Roll out two thin sheets of dough between the rollers of a pasta machine. Gently lay the dough flat on the work surface.
4. Using a piping bag or a small portion scoop, place small mounds of filling on one of the dough pieces. Space the fillings evenly, allowing approximately 2 inches (5 centimeters) between each mound.
5. Brush the exposed areas of dough with water.
6. Gently place the second sheet of dough over the mounds and press firmly around each mound to remove air pockets and seal the dough.
7. Cut between the mounds with a chef's knife, pastry wheel or circular cutter.



1 Piping the filling onto the dough.



2 Pressing around the mounds of filling to seal the dough and remove any air pockets.



3 Cutting around the mounds with a circular cutter.

COOKING METHOD

DETERMINING DONENESS

Italian-style pastas are properly cooked when they are **al dente,** firm but tender. Cooking times vary depending on the shape and quantity of pasta, the amount of water used, the hardness of the water and even the altitude. Fresh pasta cooks rapidly, sometimes in seconds. Noodles and dried pasta may require several minutes.

Although package or recipe directions offer some guidance, the only way to accurately test doneness is to bite into a piece. When the pasta is slightly firmer than desired, remove it from the stove and drain. It will continue to cook through residual heat.

Unlike Italian pasta, Asian noodles are not served al dente. Rather, they are either boiled until very soft or stir-fried until very crisp.

▶ **al dente** (al DEN-tay) Italian for "to the tooth"; used to describe a food, usually pasta, that is cooked only until it gives a slight resistance when one bites into it

BOILING

All Italian-style pasta and most Asian noodles are cooked by just one method: boiling. The secret to boiling pasta successfully is to use ample water. Allow 1 gallon (4 liters) of water for each pound (450 grams) of pasta.

Use a saucepan or stockpot large enough to allow the pasta to move freely in the boiling water; otherwise, the starch released by the dough will make the pasta gummy and sticky. The water should be brought to a rapid boil, then all the pasta should be added at once.

Salt should be added to the water. Pasta absorbs water and salt during cooking. Adding salt to the pasta after it is cooked will not provide the same seasoning effect.

Chefs disagree on whether to add oil to the cooking water. Purists argue against adding oil, on the theory that it makes the dough absorb water unevenly. Others think oil should be added to reduce surface foam. Another theory is that oil keeps the pasta from sticking, although this works only when added to cooked, drained pasta.

Asian noodles may be prepared by boiling until fully cooked, or they may be parboiled and then stir-fried with other ingredients to finish cooking.

▶ PROCEDURE FOR COOKING PASTA TO ORDER

1. Bring the appropriate amount of water to a boil over high heat.
2. Add oil to the water if desired.
3. Add the pasta and salt to the rapidly boiling water.
4. Stir the pasta to prevent it from sticking together. Bring the water back to a boil and cook until the pasta is done.
5. When the pasta is properly cooked, immediately drain it through a colander. A small amount of oil may be gently tossed into the pasta if desired to prevent it from sticking together.
6. Serve hot pasta immediately, or refresh it in cold water for later use in salads or other dishes. (Do not rinse pasta that is to be served hot.)

▶ PROCEDURE FOR COOKING DRIED PASTA IN ADVANCE

Fresh pasta is so delicate and cooks so rapidly (sometimes in as little as 15 seconds) that it should be cooked to order. Dried pasta, however, can be cooked in advance for quantity service.

1. Follow the preceding directions for cooking pasta, but stop the cooking process when the pasta is about two-thirds done.
2. Drain the pasta, rinse it lightly and toss it in a small amount of oil.

3 Divide the pasta into appropriate-sized portions. Individual portions can be wrapped in plastic or laid on a sheet pan and covered. Refrigerate until needed.

4 When needed, place a portion in a china cap and immerse in boiling water to reheat. Drain, add sauce and serve immediately.

ACCOMPANIMENTS TO PASTA

Pasta is widely accepted by consumers and easily incorporated in a variety of cuisines—from Italian and Chinese to Eastern European and spa. It is used in broths; as a bed for stews, fish, shellfish, poultry or meat or tossed with sauce. Today's creative chefs are constantly developing nontraditional but delicious ways of serving pasta.

Pasta and Broths

Small shapes can be cooked in the broth with which they are served, or cooked separately, then added to the hot liquid at service time. Soups such as cappelletti in brodo and chicken noodle are examples of these techniques.

Pasta Sauces

There are hundreds of Italian pasta sauces as well as sauces for Italian-style pasta, but most can be divided into six categories: ragus, seafood sauces, vegetable sauces, cream sauces, garlic-oil sauces and uncooked sauces. Recipes for a selection of pasta sauces are included in Chapter 11, Stocks and Sauces.

Although there are no firm rules governing the combinations of sauces and pasta, Table 23.3 offers some of the more common combinations.

Table 23.3 COMBINING SAUCES, PASTA AND GARNISHES

SAUCE	DESCRIPTION	PASTA SHAPE	GARNISH
Ragu	Braised dishes used as sauce; flavorings, meat or poultry are browned, then a tomato product and stock, wine, water, milk or cream added	Ribbons, tubes, shapes, filled	Grated cheese
Seafood	White seafood sauces are flavored with herbs and made with white wine or stock; red seafood sauces are tomato-based	Ribbons (fettuccine and capellini)	Fish or shellfish
Vegetable	Includes both traditional sauces made with tomatoes and stock, flavored with garlic and red pepper, and modern sauces such as primavera	Ribbons, tubes, filled	Meatballs, sausage, grated cheese
Cream	Uses milk or cream and sometimes roux; usually cheese is added	Thick ribbons (spaghetti and fettuccine), filled	Ham, peas, sausage, mushrooms, smoked salmon, nuts, grated cheese
Garlic-Oil	(It. *aglio-olio*) Olive oil flavored with garlic and herbs; can be hot or cold, cooked or uncooked (pesto is an uncooked, cold sauce)	Ribbons, shapes, filled	Grated cheese (if uncooked or cold), herbs
Uncooked	A variety of dressings and garnishes such as fresh tomatoes, basil and olive oil; or olive oil, lemon juice, parsley, basil and hot red pepper flakes; capers, anchovies, olives, fresh herbs, fresh vegetables, flavored oils and cubed cheeses can also be used	Ribbons, shapes	Cubed or grated cheese, fresh vegetables, herbs

CONCLUSION



Most meals would seem incomplete without a starch. The most popular starches are potatoes, grains (especially rice) and pasta. All are low in fat and a good source of energy. Most can be prepared with several dry- and moist-heat cooking methods, and all can be sauced, seasoned or flavored in limitless ways.

QUESTIONS FOR DISCUSSION

1. Explain the differences between mealy and waxy potatoes. Give two examples of each.
2. Describe the two methods of sautéing or pan-frying potatoes.
3. Explain why duchesse potatoes are regarded as the "mother" of many classic potato dishes. Name and describe two such dishes.
4. All grains are composed of three parts. Name and describe each of these parts.
5. Describe and compare the three general cooking methods used to prepare grains.
6. Name the three categories of Italian-style pasta shapes and give an example of each.
7. Why is it necessary to use ample water when cooking pasta? Should pasta be cooked in salted water? Should oil be added to the cooking water? Explain your answers.
8. Discuss the differences between cooking fresh pasta and cooking dried, factory-produced pasta.
9. Different names are given to Italian pasta shapes from one region of Italy to another. Research the various regional Italian cuisines to determine other names for some of the pastas shown on pages 705–707.
10. Each of the types of sauce listed in Table 23.3 comes from a specific region of Italy. Which region is most closely associated with each type of sauce? Why?

ADDITIONAL STARCH RECIPES

RECIPE 23.10

OPEN RAVIOLI OF LOBSTER AND CORN WITH ENGLISH PEAS, ASPARAGUS AND AN HERB EMULSION

CHEF KEVIN TAYLOR

A native of Colorado, Chef Kevin Taylor is known for his creative, unpretentious approach to American cuisine. He has been cooking for more than 20 years and has owned restaurants in Denver and Boulder, Colorado, for more than a decade, including Restaurant Kevin Taylor, which opened in 1998 in Denver's historic Teatro Hotel.

Chef Taylor began cooking during high school, then apprenticed at a Denver country club where he learned classic French techniques from the club's European chefs. He moved on to become sous chef of Denver's Cherry Hills Country Club, and then, in 1987 at age 25, he opened his first restaurant, Zenith American Grill, which featured creative combinations of the freshest ingredients, many of them locally grown and organically raised. Chef Taylor's other operations include Jou Jou Bistro, Palattes and Dandelion Restaurant.

Cited as a rising star by national magazines and a guest chef at the James Beard House in New York City, Chef Taylor notes that he is "not interested in food that looks good, but has no flavor." In his restaurants, "flavor is paramount."

RESTAURANT KEVIN TAYLOR, DENVER, CO

Chef Kevin Taylor

Note: This dish appears in the chapter opening photograph.

Yield: 4 Servings

Semolina	4 oz.	120 g
Flour	4 oz.	120 g
Fresh herbs, minced (dill, chives, parsley)	3 Tbsp.	45 ml
Water, cold	as needed	as needed
Riesling wine	1 pt.	450 ml
Heavy cream	2 fl. oz.	60 ml
Unsalted butter	5 oz.	150 g
Lobsters, cooked, meat removed from shells	2	2
Asparagus, 1-in. (2.5-cm) pieces, cooked	1/4 c.	60 ml
Corn kernels, cooked	1/4 c.	60 ml
English peas, cooked	1/4 c.	60 ml
Olive oil	as needed	as needed
Salt and pepper	TT	TT
Herb sprigs	as needed for garnish	

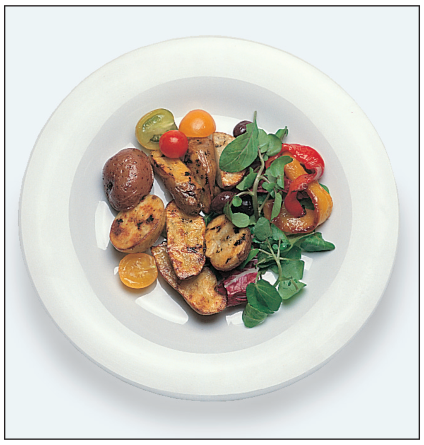
1. In a small mixing bowl or electric mixer, combine the semolina, flour and 1 tablespoon (15 milliliters) of the minced herbs. Slowly add enough cold water, mixing constantly, to form a ball. Knead the dough until it reaches the correct consistency. Use a pasta machine to roll the dough into sheets the thickness of a penny. Cut the sheets into eight rounds approximately 3½ inches (8.5 centimeters) in diameter. Dust the rounds with semolina and set aside.
2. In a small saucepot over high heat, reduce the wine by two-thirds. Add the heavy cream and reduce by two-thirds again. When the liquid begins to thicken, reduce the heat and whisk in the butter, a little at a time. Hold the sauce in a warm place.
3. Split the two lobster tail meat portions in half, creating four halves. Sauté the asparagus, corn and peas and the lobster tail, claw and body meat in olive oil for 30 seconds or until hot. Season to taste with salt and pepper.
4. Boil the pasta circles in salted water for 1 minute. Place one pasta round in the bottom of each of four soup plates. Divide the vegetable and lobster body meat mixture between the four pasta rounds. Place one half lobster tail meat portion on top of the vegetable mixture. Place the other pasta rounds over the mixture and lay a claw meat portion on top of each ravioli.
5. Place the butter sauce in a small mixing bowl, add the remaining minced herbs and blend with a small hand mixer. Season with salt and pepper and pour the herbed emulsion around the pasta. Garnish with fresh herbs.

Approximate values per serving: **Calories** 680, **Total fat** 36 g, **Saturated fat** 22 g, **Cholesterol** 170 mg, **Sodium** 240 mg, **Total carbohydrates** 49 g, **Protein** 23 g, **Vitamin A** 30%, **Vitamin C** 10%, **Iron** 20%

GRILLED POTATO SALAD

RECIPE 23.11

GREENS, SAN FRANCISCO, CA
Chef Annie Somerville



Yield: 4 Servings **Method:** Baking/Grilling

New potatoes	2 lb.	1 kg
Light olive oil	as needed	as needed
Salt and pepper	TT	TT
Cherry tomatoes, sweet one hundreds or pear cherry tomatoes	4 oz.	120 g
Red and yellow bell peppers, roasted, seeded and cut into strips	1 lb.	500 g
Basil Vinaigrette (recipe follows)		
Champagne vinegar	as needed	as needed
Frisée or salad greens (optional)	4 oz.	120 g
Niçoise or Gaeta olives	12	12

1. Toss the potatoes with the olive oil in a baking dish; sprinkle with a few pinches of salt and pepper.
2. Cover the potatoes and place in a 400°F (200°C) oven. Cook until tender, approximately 35 to 40 minutes. Set aside to cool.
3. Cut the cooled potatoes in halves or quarters if they are large. Thread onto skewers for grilling. (Skewers are not necessary if the grill grating is close together.) Grill the potatoes, cut side down, until they are golden and crisp with defined grill marks.
4. Cut the tomatoes in half or leave whole if small.
5. To assemble the salad, slide the grilled potatoes from the skewers and toss with the bell peppers, cherry tomatoes and Basil Vinaigrette. Adjust the seasoning, if necessary, with a splash of champagne vinegar and salt and pepper.
6. Loosely arrange the greens on plates or a platter, spoon the potatoes and other vegetables over the greens and garnish with the olives.

Approximate values per serving: **Calories** 350, **Total fat** 22 g, **Saturated fat** 3 g, **Cholesterol** 0 mg, **Sodium** 1420 mg, **Total carbohydrates** 33 g, **Protein** 4 g, **Vitamin C** 170%, **Calcium** 15%, **Iron** 10%

BASIL VINAIGRETTE

Yield: 4 fl. oz. (120 ml)

Champagne vinegar	1 fl. oz.	30 ml
Extra virgin olive oil	3 fl. oz.	90 ml
Fresh basil leaves	1/2 c.	120 ml
Salt	1/2 tsp.	3 ml
Garlic clove, chopped	1	1

1. Combine the ingredients in a blender or food processor until smooth.

Approximate values per 1-fl.-oz. (30-ml) serving: **Calories** 200, **Total fat** 21 g, **Saturated fat** 3 g, **Cholesterol** 0 mg, **Sodium** 290 mg, **Total carbohydrates** 1 g, **Protein** 0 g

RECIPE 23.12

GRILLED SWEET POTATOES WITH POBLANO CHILES AND ONIONS



CAFÉ ANNIE, HOUSTON, TX
Chef-Owner Robert Del Grande
Executive Chef Ben Berryhill

Yield: 8 Servings **Method:** Grilling

Sweet potatoes, large	3	3
Vegetable oil	1 Tbsp.	15 ml
Barbecue Spice (recipe follows)	1 c.	240 ml
Poblano chiles	12 oz.	360 g
Yellow onions	8 oz.	240 g
Butter, melted	2 oz.	60 g
Salt	TT	TT
Mopping Sauce (recipe follows)	3/4 c.	180 ml
Mexican queso blanco (cheese), grated	4 oz.	120 g

1. Rub the whole sweet potatoes with vegetable oil. Generously coat the sweet potatoes with Barbecue Spice.
2. Bake the sweet potatoes at 350°F (180°C) for approximately 40 minutes or until they are nearly done but still undercooked and firm in the middle. Remove from the oven and cool.
3. Char and peel the poblano chiles. Remove and discard the stems and seeds. Cut into 1/4-inch (6-millimeter) slices. Peel the onions and cut them into 1/4-inch (6-millimeter) slices. Separate the slices into rings. Combine the chile strips and the onion rings and sauté in 1 tablespoon (15 milliliters) of melted butter. Season to taste with salt.
4. Peel the sweet potatoes and cut them into long wedges. Liberally brush the wedges with the Mopping Sauce and season generously with the Barbecue Spice. Grill the wedges, being careful not to burn them. They should be evenly caramelized and fork tender when done. Season them with salt and brush them with the remaining melted butter.
5. Arrange the sweet potato wedges on a plate with a portion of the chiles and onions. Sprinkle with cheese and serve immediately.

Approximate values per serving: **Calories** 320, **Total fat** 17 g, **Saturated fat** 6 g, **Cholesterol** 20 mg, **Sodium** 120 mg, **Total carbohydrates** 40 g, **Protein** 5 g, **Vitamin A** 360%, **Vitamin C** 100%, **Calcium** 15%, **Iron** 20%, **Claims**—good source of fiber, vitamin A, vitamin C, calcium, iron

BARBECUE SPICE

Yield: 1 c. (240 ml)

Ancho chile powder	1/4 c.	60 ml
Paprika	1/4 c.	60 ml
Garlic powder	1 Tbsp.	15 ml
Cumin, ground, toasted	1 Tbsp.	15 ml
Coriander, ground, toasted	1 Tbsp.	15 ml
Dried oregano	1 Tbsp.	15 ml
Brown sugar	1 Tbsp.	15 ml
Granulated sugar	1 Tbsp.	15 ml

1. Combine all ingredients and mix well.

Approximate values per 2 Tbsp. (30 ml): **Calories** 45, **Total fat** 1.5 mg, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 40 mg, **Total carbohydrates** 9 g, **Protein** 1 g, **Vitamin A** 70%, **Vitamin C** 8%, **Calcium** 4%, **Iron** 10%

MOPPING SAUCE

Yield: 3/4 c. (180 ml)

Peanut oil	2 fl. oz.	60 ml
Molasses	2 Tbsp.	30 ml
Brown sugar	2 Tbsp.	30 ml
Dijon mustard	1 Tbsp.	15 ml
Red wine vinegar	1 Tbsp.	15 ml
Balsamic vinegar	1 Tbsp.	15 ml
Maple syrup	1 Tbsp.	15 ml

1 Combine all ingredients and mix well.

Approximate values per 1-oz (30-g) serving: **Calories** 130, **Total fat** 9 g, **Saturated fat** 1.5 g, **Cholesterol** 0 mg, **Sodium** 70 mg, **Total carbohydrates** 12 g, **Protein** 0 g

ROASTED FINGERLING POTATOES

RECIPE 23.13

Yield: 4 Servings, 4 oz. (120 g) each **Method:** Roasting

Fingerling potatoes, assorted	1 lb.	450 g
Fresh lemon juice	from 2 lemons	from 2 lemons
Italian herb blend	1 Tbsp.	15 ml
Salt	1 tsp.	5 ml
Black pepper	1/8 tsp.	1 ml
Olive oil	3 Tbsp.	45 ml

1 Cut the potatoes in halves or quarters and place in a bowl. Add the lemon juice, seasonings and oil and then toss to coat the potatoes thoroughly.

2 Place the seasoned potatoes in a shallow baking pan and roast at 425°F (220°C). Stir or turn the potatoes two or three times during cooking to promote even browning. Cook until the potatoes are tender, approximately 30 minutes.

Approximate values per serving: **Calories** 200, **Total fat** 10 g, **Saturated fat** 1.5 g, **Cholesterol** 0 mg, **Sodium** 590 mg, **Total carbohydrates** 27 g, **Protein** 2 g, **Vitamin C** 45%, **Iron** 10%, **Claim**—good source of fiber, vitamin C and iron

CANDIED SWEET POTATOES

RECIPE 23.14

Yield: 6 Servings, 4 oz. (120 g) each **Method:** Baking

Sweet potatoes	2 lb.	1 kg
Brown sugar	5 oz.	150 g
Water	2 fl. oz.	60 ml
Whole butter	2 oz.	60 g
Vanilla extract	1 tsp.	5 ml

1 Wash the sweet potatoes and cut as necessary to promote even cooking.

2 Bake the sweet potatoes on a sheet pan at 350°F (180°C) until cooked but still firm, approximately 30 minutes.

3 Combine the brown sugar, water and butter and bring to a boil. Add the vanilla and remove from the heat.

4 Peel the potatoes and slice or cut as desired. Arrange the potatoes in a baking dish and pour the sugar mixture over them.

5 Sprinkle the potatoes with additional brown sugar if desired and bake for 20 minutes, basting occasionally with the sugar mixture.

Approximate values per 4-oz. (120-g) serving: **Calories** 320, **Total fat** 8 g, **Saturated fat** 5 g, **Cholesterol** 20 mg, **Sodium** 105 mg, **Total carbohydrates** 60 g, **Protein** 3 g, **Vitamin A** 340%, **Vitamin C** 60%

RECIPE 23.15

SCALLOPED POTATOES

Yield: 1 Pan, 9 in × 12 in. (22 cm × 30 cm)

Method: Baking

Potatoes, russet	5 lb.	2.2 kg
Béchamel (page 212)	36 fl. oz.	1 lt
Salt and white pepper	TT	TT
Nutmeg	TT	TT
Whole butter	as needed	as needed

1. Peel the potatoes and hold them in water to prevent browning. Pour the béchamel into a stainless steel bowl. Slice the potatoes thinly (a mandoline works well for this purpose) directly into the béchamel. Stir occasionally so that the sauce coats the potatoes.
2. Season as desired with the salt, white pepper and nutmeg.
3. Layer the potatoes and sauce in a buttered half-size hotel pan. Pour any remaining sauce over the top of the potatoes.
4. Bake covered at 350°F (180°C) for approximately 30 minutes. Uncover and bake until the potatoes are cooked and brown on top, approximately 20 to 30 minutes.

Approximate values per 4-oz. (120-g) serving: **Calories** 210, **Total fat** 8 g, **Saturated fat** 4.5 g, **Cholesterol** 20 mg, **Sodium** 730 mg, **Total carbohydrates** 33 g, **Protein** 3 g, **Vitamin C** 20%, **Claims**—good source of fiber and vitamin C



1 Layering the potatoes in a hotel pan.



2 Pouring the remaining cream sauce over the potatoes.



3 The finished scalloped potatoes.

RECIPE 23.16

SPICY SWEET POTATO AND CHESTNUT GRATIN



THE BOULDERS RESORT, CAREFREE, AZ

Former Corporate Executive Chef Charles Wiley

Yield: 6 Servings

Method: Baking

Vegetable spray	as needed	as needed
Skim milk	8 fl. oz.	250 ml
Maple syrup	4 fl. oz.	120 ml
Garlic cloves, chopped	3	3
Ancho chiles	2	2
Sweet potatoes, large	2	2
Kosher salt and pepper	TT	TT
Leeks, white part only, sliced thin	3	3

Roasted chestnuts, chopped coarse	½ c.	120 ml
Aged Monterey Jack, grated	½ c.	120 ml
Chives, snipped	as needed	as needed

1. Lightly spray an ovenproof casserole dish with vegetable spray.
2. In a small saucepan, heat the milk and maple syrup. Remove from the heat, add the garlic and chiles and let steep for 30 minutes. Purée in a blender.
3. Peel and thinly slice the sweet potatoes. Lay one-third of the potato slices in one layer in the casserole dish, overlapping slightly. Season with salt and pepper.
4. Ladle one-third of the milk mixture over the potatoes.
5. Sprinkle with one-third of the leeks and one-third of the chestnuts. Then top with one-third of the cheese.
6. Repeat the layering process two more times.
7. Cover with foil and bake at 350°F (180°C) for 40 minutes. Uncover and bake until brown and bubbly, approximately 20 minutes.
8. Let sit for 20 minutes. Sprinkle with the snipped chives. Cut into squares or circles, or simply spoon out of the casserole dish for service.

Approximate values per 6-oz. (180-g) serving: **Calories** 170, **Total fat** 4 g, **Saturated fat** 2 g, **Cholesterol** 10 mg, **Sodium** 135 mg, **Total carbohydrates** 29 g, **Protein** 5 g, **Vitamin A** 15%, **Vitamin C** 30%, **Claims**—low cholesterol; low sodium

DELMONICO POTATOES

RECIPE 23.17

SPOKANE COMMUNITY COLLEGE, SPOKANE, WA

Instructor Peter Tobin, CEC, CCE

Yield: 10 lb. (4.4 kg) **Method:** Steaming/Baking

Potatoes, peeled, medium dice	6 lb.	2.7 kg
Green bell peppers, small dice	4	4
Pimentos, small dice	12 oz.	350 g
Béchamel (page 212)	3 pt.	1.4 lt
Salt and pepper	TT	TT
Nutmeg	TT	TT

1. Steam the potatoes until cooked through but firm, approximately 7 minutes. Spread them on sheet pans and refrigerate.
2. Blanch and chill the bell peppers.
3. Combine all ingredients in a large bowl. Mix carefully so as not to break up the potatoes.
4. Place the potatoes in a shallow full-size hotel pan, cover and bake at 350°F (180°C) until the internal temperature reaches at least 165°F (74°C).

Approximate values per 4-oz. (120-g) serving: **Calories** 100, **Total fat** 4 g, **Saturated fat** 2 g, **Cholesterol** 10 mg, **Sodium** 340 mg, **Total carbohydrates** 15 g, **Protein** 2 g, **Vitamin C** 35%

THYME AND SWISS CHEESE POTATOES

RECIPE 23.18

SAN JOAQUIN DELTA COLLEGE, STOCKTON, CA

Charlotte M. Britto, RD, FADA

Yield: 36 Servings **Method:** Baking

Onions, sliced thin	2 lb.	900 g
Olive oil	4 Tbsp.	60 ml
Garlic cloves	20	20

Continued

Dried thyme	2 Tbsp.	30 ml
Heavy cream	3 qt.	3 lt
Potatoes	10 lb.	4.4 kg
Vegetable spray	as needed	as needed
Salt and white pepper	TT	TT
Swiss cheese, grated	1 lb.	450 g

1. Sauté the onions in the olive oil until translucent. Remove from the heat and reserve.
2. Simmer the garlic and thyme in the cream for 15 minutes.
3. Peel and thinly slice the potatoes.
4. Spray three shallow half-size hotel pans with vegetable spray. Layer the potatoes and onions in the pans, seasoning each layer with salt and white pepper.
5. Pour the hot cream over the potatoes and onions. Bake uncovered in a 350°F (180°C) oven for 12 minutes. Reduce the temperature to 300°F (150°C) and cook for approximately 20 minutes or until the potatoes are nearly tender.
6. Sprinkle the grated Swiss cheese on top of the potatoes and return to the oven just long enough to melt the cheese.

Approximate values per serving: **Calories** 440, **Total fat** 34 g, **Saturated fat** 21 g, **Cholesterol** 120 mg, **Sodium** 70 mg, **Total carbohydrates** 28 g, **Protein** 8 g, **Vitamin A** 25%, **Vitamin C** 20%, **Calcium** 20%

RECIPE 23.19

POTATO PANCAKES



Yield: 12 Pancakes, 2½ oz. (75 g) each **Method:** Pan-frying

Potatoes, all-purpose	2 lb.	1 kg
Eggs, beaten	3	3
Onions, minced	4 oz.	120 g
Flour	2 oz.	60 g
Baking powder	1 Tbsp.	15 ml
Nutmeg	TT	TT
Salt and pepper	TT	TT
Vegetable oil	4 fl. oz.	120 ml

1. Peel and coarsely grate the potatoes.
2. Transfer the grated potatoes to a bowl and add the beaten eggs, onions, flour and baking powder. Season with nutmeg, salt and pepper. Blend well.
3. Heat the oil. Form the potato mixture into 12 uniform-sized pancakes and pan-fry them until tender, turning once when well browned on the first side. Remove them from the pan and drain well.

Approximate values per pancake: **Calories** 140, **Total fat** 6 g, **Saturated fat** 1 g, **Cholesterol** 55 mg, **Sodium** 140 mg, **Total carbohydrates** 18 g, **Protein** 3 g, **Vitamin C** 10%

RECIPE 23.20

RÖSTI POTATOES

THE FOUR SEASONS, NEW YORK, NY
Chef Christian Albin

Yield: 6 Servings **Method:** Pan-frying

Potatoes, boiling, large	4	4
Bacon fat	2 oz.	60 g
Lard	2 oz.	60 g
Kosher salt and pepper	TT	TT
Whole butter	1 oz.	30 g



1 Partially cook the potatoes in salted water until almost done. Drain and cool the potatoes, then peel and coarsely grate them.
2 Heat the bacon fat and lard in a heavy, shallow 10-inch (25-centimeter) skillet with sloping sides until quite hot. Spread half the potatoes over the bottom of the pan; sprinkle with salt and pepper. Cover with the remaining potatoes and cook over medium-high heat until the bottom turns brown and crusty, approximately 10 minutes.
3 Turn the potatoes in one piece. This is easiest to do by placing a large plate over the pan and turning both together so that the potatoes fall onto the plate. Slip the turned-over potatoes off the plate back into the pan, browned side up. Cook until the bottom is browned.
4 Before serving, smooth the edges of the potatoes with a spatula. Sprinkle with salt and brush the edge of the pan with whole butter. It will melt and run into the potatoes.

Variation: *Cheddar Cheese Rösti Potatoes*—Make two thin cakes from the coarsely grated potatoes. Top one with a layer of 7 ounces (210 grams) sour cream, 2 ounces (60 grams) cubed sharp Cheddar cheese and 2 tablespoons (30 milliliters) chopped chives. Top with the other cake. Dot with 1 tablespoon (15 milliliters) whole butter and bake in a 400°F (200°C) oven for 15 minutes.

Approximate values per serving: **Calories** 290, **Total fat** 23 g, **Saturated fat** 10 g, **Cholesterol** 30 mg, **Sodium** 430 mg, **Total carbohydrates** 19 g, **Protein** 2 g, **Vitamin C** 20%

POTATO-GINGER PURÉE

RECIPE 23.21

STOUFFER STANFORD COURT HOTEL, San Francisco, CA
Former Executive Chef Ercolino Crugnale

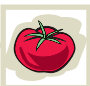
Yield: 2 lb. (1 kg) **Method:** Boiling

Potatoes	1 lb. 8 oz.	650 g
Heavy cream	4 fl. oz.	120 ml
Fresh ginger, grated	1 Tbsp.	15 ml
Whole butter	8 oz.	250 g
Salt and pepper	TT	TT

1 Peel the potatoes and cut them into 1-inch (2.5-centimeter) pieces. Then boil them in salted water until tender. Drain and set aside.
2 While the potatoes cook, bring the cream to a boil, add the ginger and let steep for 15 minutes. Purée and strain through a fine chinois.
3 Purée the potatoes, then add the butter and ginger cream. Season to taste with salt and pepper. Adjust the consistency with additional hot cream as needed.

Approximate values per 4-oz. (120-g) serving: **Calories** 311, **Total fat** 29 g, **Saturated fat** 18 g, **Cholesterol** 81 mg, **Sodium** 426 mg, **Total carbohydrates** 12 g, **Protein** 2 g, **Vitamin A** 28%

HERBED MASHED POTATOES WITH WHITE SAUCE



RECIPE 23.22

NEWBURY COLLEGE, Brookline, MA
Senior Instructor Scott Doughty

Yield: 18 lb. (8.2 kg) **Method:** Simmering

Potatoes, waxy	14 lb.	6.4 kg
Sauce:		
Clarified butter	2 fl. oz.	60 ml
Flour	2 oz.	60 g

Continued

Milk	1 pt.	450 ml
Salt and black pepper	TT	TT
Milk, warm	24 fl. oz.	750 ml
Heavy cream, hot	8 fl. oz.	240 ml
Butter, melted	1 lb.	450 g
Salt and black pepper	TT	TT
Fresh herbs, assorted, chopped	3 oz.	90 g
Parmesan, grated	6 oz.	180 g

1. Simmer the potatoes in salted water until tender.
2. To prepare the sauce, first heat the clarified butter in a small saucepot. Add the flour and cook to a blond roux. Whisk in the milk and bring to a simmer, stirring often. Cook until thick enough to completely coat the back of a spoon. Season with salt and pepper.
3. When the potatoes are tender, drain them well and place them in a large mixer fitted with the whisk attachment. Whip until smooth, scraping down the bowl as necessary. Add the milk, cream and butter, and season with salt and pepper. Mix well and then stir in the chopped herbs.
4. Spread the potatoes into a 2-inch- (5-centimeter-) deep full-size hotel pan and spread the sauce over the top. Sprinkle with grated Parmesan. Bake at 375°F (190°C) until the potatoes are browned on top and have reached an internal temperature of 165°F (74°C), approximately 12 minutes.

Approximate values per 4-oz. (120-g) serving: **Calories** 150, **Total fat** 8 g, **Saturated fat** 5 g, **Cholesterol** 25 mg, **Sodium** 60 mg, **Total carbohydrates** 17 g, **Protein** 3 g, **Vitamin C** 20%

Note: Use a blend of at least four of the following fresh herbs: thyme, rosemary, oregano, marjoram, sage, parsley, basil, chives and tarragon.

RECIPE 23.23

DUCHESSE POTATOES

Yield: 2 lb. (1 kg) **Method:** Boiling

Potatoes	2 lb.	1 kg
Whole butter	1 oz.	30 g
Nutmeg	TT	TT
Salt and pepper	TT	TT
Eggs	1	1
Egg yolks	2	2
Clarified butter	as needed	as needed

1. Peel and quarter the potatoes. Then boil them in salted water until tender. Drain and immediately turn them out onto a sheet pan to allow the moisture to evaporate.
2. While still warm, press the potatoes through a grinder or food mill, or grind through a grinder's medium die. Blend in the butter and season to taste with nutmeg, salt and pepper.
3. Mix in the eggs and egg yolks, blending well.
4. Transfer the duchesse mixture to a piping bag fitted with a large star tip. Pipe single portion-sized spirals onto a parchment-lined sheet pan. Brush with clarified butter and bake at 375°F (190°C) until the edges are golden brown, approximately 8 to 10 minutes. Serve immediately.

Usage: Duchesse potatoes are often used to decorate platters used for buffets or tableside preparations or to present chateaubriand. To create borders and garnishes, the standard mixture for duchesse potatoes is forced through a piping bag while still very hot and relatively soft.

Variation: *Potato Croquettes*—Shape the duchesse mixture into pyramids. Coat the pyramids with bread crumbs using the standard breading procedure described in Chapter 9, Mise en Place. Using the basket method, deep-fry at 360°F (182°C) until golden brown.

Approximate values per 3-oz. (90-g) serving: **Calories** 120, **Total fat** 3.5 g, **Saturated fat** 2 g, **Cholesterol** 65 mg, **Sodium** 250 mg, **Total carbohydrates** 18 g, **Protein** 3 g, **Vitamin C** 20%



1 Passing boiled potatoes through a food mill.



2 Piping duchesse potatoes.



3 The finished duchesse potatoes.

DAUPHINE POTATOES

RECIPE 23.24

Yield: 3 lb. (1.3 kg) **Method:** Boiling

Duchesse Potatoes (page 722)	2 lb.	900 g
Pâte à Choux (page 997)	20 oz.	600 g

1. Combine the Duchesse Potatoes with the Pâte à Choux while both mixtures are still warm.
2. Pipe the mixture into the desired shapes on pieces of parchment paper. Chill until ready to cook. At service, deep-fry the potatoes until golden brown, using the swimming method.

Variation: *Lorette*—Add 4 ounces (120 grams) of grated Parmesan in Step 2. Pipe the mixture into small crescents on pieces of parchment paper. Deep-fry by carefully sliding the pieces of paper into the fryer; remove the paper with tongs when the potatoes float loose.

Approximate values per 4-oz. (120-g) serving: **Calories** 270, **Total fat** 18 g, **Saturated fat** 8 g, **Cholesterol** 140 mg, **Sodium** 470 mg, **Total carbohydrates** 23 g, **Protein** 5 g, **Vitamin C** 15%

POLENTA

RECIPE 23.25

Yield: 1 lb. 12 oz. (800 g) **Method:** Simmering

Shallots, chopped	2 tsp.	10 ml
Whole butter	as needed	as needed
Milk, white stock or water	1 qt.	950 ml
Cornmeal, yellow or white	6 oz.	180 g
Salt and pepper	TT	TT

1. Sauté the shallots in 1 tablespoon (15 milliliters) of butter for 30 seconds. Add the milk, stock or water and bring to a boil.
2. Slowly add the cornmeal while stirring constantly to prevent lumps, then simmer for 30 minutes. Season with salt and pepper.
3. Scrape the polenta into a buttered nonaluminum dish; spread to an even thickness with a spatula that has been dipped in water. Refrigerate the polenta until well chilled.
4. To serve, unmold the polenta and cut into shapes. Sauté or grill the polenta for service, or sprinkle with grated Parmesan and heat under a broiler or salamander.

Approximate values per 4-oz. (120-g) serving: **Calories** 160, **Total fat** 3.5 g, **Saturated fat** 2 g, **Cholesterol** 10 mg, **Sodium** 400 mg, **Total carbohydrates** 25 g, **Protein** 6 g, **Vitamin A** 10%, **Calcium** 15%

RECIPE 23.26

CREAMY POLENTA WITH WILD MUSHROOMS

FETZER VINEYARDS, HOPLAND, CA

Culinary Director, John Ash

Yield: 8 Servings **Method:** Simmering

Yellow onions, chopped coarse	12 oz.	340 g
White mushrooms, chopped coarse	4 oz.	120 g
Garlic, chopped fine	2 Tbsp.	30 ml
Dried porcini or cèpe mushrooms, rinsed, soaked in water and chopped coarse	2 oz.	60 g
Olive oil	5 fl. oz.	150 ml
Fresh basil, chopped fine	4 tsp.	20 ml
Fresh oregano, chopped fine	1 tsp.	5 ml
Chicken or vegetable stock	2 qt.	2 lt
Coarse polenta	12 oz.	360 g
Salt and pepper	TT	TT
Heavy cream	1 pt.	450 ml
Aged Asiago or Fontina, grated fine	4 oz.	120 g
Fresh wild mushrooms	8–10	8–10
Fresh basil sprigs	as needed for garnish	

1. Sauté the onions, white mushrooms, garlic and porcini or cèpes in 4 fluid ounces (120 milliliters) of olive oil until lightly colored. Add the basil, oregano and stock; bring to a boil.
2. Slowly stir in the polenta. Simmer for 10 minutes, stirring regularly. The polenta should be thick and creamy. Add more stock if necessary. Adjust the seasonings and keep warm.
3. Just before serving, add the cream and cheese and stir vigorously.
4. Sauté the fresh wild mushrooms in the remaining olive oil until tender. Spoon the polenta onto warm plates and garnish with the wild mushrooms and a sprig of fresh basil.

Approximate values per 8-oz. (240-g) serving: **Calories** 550, **Total fat** 46 g, **Saturated fat** 19 g, **Cholesterol** 95 mg, **Sodium** 1090 mg, **Total carbohydrates** 21 g, **Protein** 13 g, **Vitamin A** 35%, **Vitamin C** 15%, **Calcium** 20%, **Iron** 15%

POLENTA NAPOLEON AND SMOKED TOMATO COULIS

RECIPE 23.27



THE BROWN PALACE HOTEL, DENVER, CO
William Dexter, Executive Sous Chef

Yield: 6 Servings

Garlic, minced	1 Tbsp.	15 ml
Olive oil	4½ fl. oz.	135 ml
Vegetable stock	1 qt.	1 lt
Milk	5½ c.	1.1 lt
Butter	6 oz.	180 g
Cornmeal	1 lb.	450 g
Fresh herbs, chopped	3 Tbsp	45 ml
Parmesan, shredded	10 oz.	300 g
Salt and pepper	TT	TT
Zucchini, sliced lengthwise ¼ in. (6 mm) thick	2	2
Yellow squash, sliced lengthwise ¼ in. (6 mm) thick	2	2
Portabella mushroom caps, cleaned	6	6
Balsamic vinegar	8 fl. oz.	240 ml
Red bell peppers, roasted, peeled, seeded	6	6
Asparagus spears, trimmed and blanched	30	30
Morels, cut in half, washed	6	6
Fresh basil leaves	12	12
Smoked Tomato Coulis (recipe follows)	12 fl. oz.	360 ml

1. Sauté the garlic in 3 tablespoons (45 milliliters) of olive oil for 2 minutes. Add the stock, milk and butter and bring to a boil.
2. Slowly stir in the cornmeal to avoid lumping. Simmer for 15 minutes, add the herbs and 7 ounces (210 grams) of the Parmesan and season with salt and pepper. Oil a half sheet pan with 3 tablespoons (45 milliliters) of olive oil. Pour the polenta into the pan, level with a spatula, cover and refrigerate.
3. Toss the zucchini, yellow squash and portabella caps in a small amount of olive oil, season with salt and pepper and grill until tender.
4. Cut six circles out of the polenta with a 4-inch (10-centimeter) round cutter. Split each circle in half horizontally.
5. In a small saucepan, reduce the balsamic vinegar to a syrup.
6. Shingle the slices of grilled zucchini on a work surface and cut six 4-inch (10-centimeter) circles from them. Follow the same procedure with the yellow squash. Cut the portabella mushrooms and bell peppers into 4-inch (10-centimeter) circles. Place the vegetable rounds on a sheet pan.
7. Sauté the asparagus spears and morels in a small amount of olive oil and season with salt and pepper.
8. At service time, sauté the polenta disks in a small amount of olive oil until hot. Reheat the vegetable circles briefly in a hot oven. Place one of the polenta disks on each of six plates. Layer the vegetable circles alternately on the polenta base, sprinkling the remaining Parmesan between each layer. Top each stack with another polenta disk.
9. Serve each napoleon with Smoked Tomato Coulis and garnish with the asparagus spears, morels, fresh basil and balsamic syrup.

Approximate values per serving: **Calories** 870, **Total fat** 51 g, **Saturated fat** 21 g, **Cholesterol** 85 mg, **Sodium** 880 mg, **Total carbohydrates** 73 g, **Protein** 32 g, **Vitamin A** 190%, **Vitamin C** 430%, **Calcium** 80%, **Iron** 30%

SMOKED TOMATO COULIS

Yield: 12 fl. oz. (360 ml)

Tomatoes, peeled	3	3
Garlic, minced	1 tsp.	5 ml
Shallots, minced	1 Tbsp.	15 ml
Olive oil	3 Tbsp.	45 ml
White wine	6 fl. oz.	180 ml
Vegetable stock	12 fl. oz.	360 ml
Salt and pepper	TT	TT

1. Cut the tomatoes in half. Smoke them with apple wood chips at 200°F (90°C) for 1 hour.
2. In a medium saucepot, sauté the garlic and shallots in the olive oil until translucent. Deglaze with the white wine and reduce by half. Roughly chop the tomatoes and add them to the pot. Add the stock. Simmer for 25 minutes. Purée the sauce and strain through a fine chinois. Adjust the seasoning with salt and pepper.

Approximate values per 1-fl.-oz. (30-ml) serving: **Calories** 50, **Total fat** 3.5 g, **Saturated fat** 0, **Cholesterol** 0, **Sodium** 40 mg, **Total carbohydrates** 2 g, **Protein** 0 g, **Vitamin C** 10%

RECIPE 23.28

GRITS AND CHEDDAR SOUFFLÉ



Yield: 8 Servings **Method:** Simmering/Baking

Grits	1½ c.	350 ml
Water	1½ pt.	700 ml
Milk	1½ pt.	700 ml
Unsalted butter	4 oz.	120 g
Salt	TT	TT
Tabasco sauce	½ tsp.	2 ml
Sharp Cheddar cheese, grated	8 oz.	240 g
Eggs, separated	6	6
Granulated sugar	2 tsp.	10 ml

1. Combine the grits, water, milk, butter and salt in a heavy saucepan. Bring to a simmer and cook, stirring constantly, until thick, approximately 5 to 10 minutes.
2. Remove from the heat and stir in the Tabasco sauce and 6 ounces (180 grams) of the cheese.
3. Whisk the egg yolks together, then stir them into the grits mixture.
4. Whip the egg whites to soft peaks, add the sugar and whip to stiff peaks. Fold the egg whites into the grits mixture.
5. Pour the soufflé into a well-buttered 2-quart (2 liter) casserole or soufflé dish. Top with the remaining 2 ounces (60 grams) of cheese. Bake at 350°F (180°C) until set and browned, approximately 30 minutes. Serve immediately.

Approximate values per serving: **Calories** 410, **Total fat** 25 g, **Saturated fat** 9 g, **Cholesterol** 215 mg, **Sodium** 640 mg, **Total carbohydrates** 32 g, **Protein** 16 g, **Vitamin A** 40%, **Calcium** 30%

TEXAS CORNBREAD DRESSING WITH VENISON SAUSAGE

RECIPE 23.29



CAFÉ ANNIE, HOUSTON, TX
Chef-Owner Robert Del Grande
Executive Chef Ben Berryhill

Yield: 10 Servings **Method:** Baking

Cornbread:		
All-purpose flour	1 pt.	450 ml
Yellow cornmeal	1 pt.	450 ml
Granulated sugar	4 Tbsp.	60 ml
Salt	1 Tbsp.	15 ml
Baking powder	1 Tbsp.	15 ml
Baking soda	½ tsp.	3 ml
Eggs	2	2
Buttermilk	20 fl. oz.	550 ml
Butter, melted	4 oz.	120 g
Yellow onions, small dice	2	2
Garlic cloves, minced	4	4
Celery stalks, diced	2	2
Carrots, small dice	2	2
Butter	2 oz.	60 g
Venison sausage (or smoked sausage), diced	1 lb.	450 g
Poblano chiles, charred, peeled and diced	4	4
Dried oregano	1 Tbsp.	15 ml
Salt	2 tsp.	10 ml
Black pepper, freshly ground	1 tsp.	5 ml
Chicken stock	8 fl. oz.	240 ml

1. To make the cornbread, combine the dry ingredients in a bowl and mix well. In a separate bowl, combine the eggs and buttermilk and blend until smooth. Add the egg mixture and the melted butter to the dry mixture and blend until just combined. Pour the batter into a lightly greased 9-inch × 13-inch (22-centimeter × 32-centimeter) baking dish and bake at 350°F (180°C) for approximately 35 minutes. Cool.
2. In a sauté pan over medium heat, sauté the onions, garlic, celery and carrots in the butter until tender. Add the sausage and cook through.
3. Crumble the cornbread and add it to the vegetable mixture. Add the poblanos, oregano, salt and pepper and stir gently to incorporate. Drizzle the chicken broth over the mixture and toss to combine. Transfer the dressing to a baking dish and bake at 350°F (180°C) for 30 to 40 minutes or until the top is lightly browned and the dressing is hot.

Approximate values per 8-oz. (240-g) serving: **Calories** 540, **Total fat** 29 g, **Saturated fat** 15 g, **Cholesterol** 110 mg, **Sodium** 1970 mg, **Total carbohydrates** 53 g, **Protein** 14 g, **Vitamin A** 100%, **Vitamin C** 50%, **Calcium** 20%, **Iron** 20%

RECIPE 23.30

BROWN RICE WITH SPICED PECANS

NEWBURY COLLEGE, BROOKLINE, MA
Senior Instructor Scott Doughty

Yield: 10 Servings **Method:** Simmering

Chicken stock, hot	2½ pt.	1.2 lt
Salt	1 tsp.	5 ml
Brown rice	1 pt.	480 ml
Green onions	3	3
Butter	4 oz.	120 g
Spiced Pecans (recipe follows)	1 c.	240 ml

1. Bring the stock to a boil. Add the salt and rice. Return to a boil, cover, reduce to a simmer and cook until the rice is tender, approximately 50 to 60 minutes.
2. Thinly slice the green onions on the diagonal. Then quickly sauté them in the butter. Add the green onions to the rice. Chop the Spiced Pecans and add them to the rice mixture. Stir to combine and hold for service.

Approximate values per serving: **Calories** 350, **Total fat** 24 g, **Saturated fat** 8 g, **Cholesterol** 30 mg, **Sodium** 720 mg, **Total carbohydrates** 32 g, **Protein** 5 g, **Claims**—good source of fiber

SPICED PECANS

Yield: 1 c. (240 ml)

Butter	1 Tbsp.	15 ml
Cayenne pepper	⅛ tsp.	1 ml
Cinnamon	⅛ tsp.	1 ml
Salt	½ tsp.	3 ml
Worcestershire sauce	1 Tbsp.	15 ml
Hot sauce	1–2 drops	1–2 drops
Pecan halves	6 oz.	180 g

1. Combine the butter, cayenne pepper, cinnamon, salt, Worcestershire sauce and hot sauce. Add the pecan halves and blend well.
2. Spread the nuts onto a sheet pan and bake at 300°F (150°C) for 10 minutes. Toss with a spatula and bake for an additional 5 to 10 minutes. Remove from the oven and cool.

Approximate values per 1-oz. (30-g) serving: **Calories** 160, **Total fat** 17 g, **Saturated fat** 2 g, **Cholesterol** 5 mg, **Sodium** 170 mg, **Total carbohydrates** 3 g, **Protein** 2 g

RECIPE 23.31

CLASSIC RICE PILAF

Yield: 3 lb. (1.4 kg) **Method:** Pilaf

Butter	1 oz.	30 g
Olive oil	1 fl. oz.	30 ml
Onions, fine dice	3 oz.	90 g
Bay leaf	1	1
Long-grain rice	1 pt.	450 ml
Chicken stock, boiling	1 qt.	1 lt
Salt	TT	TT

1. Heat the butter and olive oil in a heavy sautoir or sauce pot.
2. Add the onions and bay leaf and sauté until the onions are tender, but not brown.

3. Add the rice and stir to coat it completely with the hot fat. Do not allow the rice to brown.
4. Pour in the boiling chicken stock and season with salt.
5. Cover the pot tightly and place it in a 350°F (180°C) oven. Bake until the liquid is absorbed and the rice is fluffy and tender, approximately 18 to 20 minutes.
6. Transfer the cooked rice to a hotel pan and fluff the rice with a fork. Remove the bay leaf and keep the rice hot for service.

Variation: *Spanish Rice*—Substitute 2 ounces (60 grams) bacon fat for the butter. Add 3 chopped garlic cloves and 1 tablespoon (15 milliliters) pure ground chilli powder with the diced onion. In Step 3, sauté the rice until it browns slightly. In place of the chicken stock, use half chicken stock and half chopped canned tomatoes with juice. Add 1 tablespoon (15 milliliters) chopped cilantro when adding the liquids.

Approximate values per 6-oz. (180-g) serving: **Calories** 130, **Total fat** 7 g, **Saturated fat** 3 g, **Cholesterol** 7.5 mg, **Sodium** 440 g, **Total carbohydrates** 12 g, **Protein** 4 g

SAFFRON RICE

RECIPE 23.32

Yield: 6 Servings **Method:** Pilaf

Basmati rice	1 pt.	450 ml
Saffron threads	1 tsp.	5 ml
Boiling water	1 qt.	1 lt
Ghee or clarified butter	3 fl. oz.	90 ml
Cinnamon sticks, 2 in. (5 cm) long	1	1
Cloves, whole	4	4
Onions, fine dice	5 oz.	150 g
Dark brown sugar	1 Tbsp.	15 ml
Salt	2 tsp.	10 ml
Cardamom seeds	1/4 tsp.	2 ml

1. Wash the rice and drain thoroughly.
2. Steep the saffron in 2 fluid ounces (60 milliliters) of the boiling water.
3. In a saucepan, heat the ghee, then add the cinnamon and cloves. Add the onions and stir-fry until they are soft and slightly brown.
4. Add the rice and stir until it is well coated with the ghee and the grains are a light golden color.
5. Stirring constantly, add the remaining boiling water, brown sugar, salt and cardamom seeds. Bring to a boil and reduce to a simmer.
6. Gently stir in the saffron and its water, cover and simmer until the rice has absorbed all the liquid.
7. Fluff with a fork and serve at once.

Approximate values per 4-oz. (120-g) serving: **Calories** 370, **Total fat** 16 g, **Saturated fat** 9 g, **Cholesterol** 35 mg, **Sodium** 780 mg, **Total carbohydrates** 51 g, **Protein** 4 g

PILAU (INDIAN-STYLE RICE PILAF)

RECIPE 23.33

Yield: 2.2 lb. (1 kg) **Method:** Pilaf

Saffron	1/4 tsp.	2 ml
Water, hot	2 fl. oz.	60 ml
Ghee or clarified butter	2 fl. oz.	60 ml
Onion, chopped fine	1	1

Continued

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Fresh ginger, minced	2 tsp.	10 ml
Cumin, ground	1 tsp.	5 ml
Coriander, ground	1/2 tsp.	2 ml
Turmeric, ground	1/2 tsp.	2 ml
Cinnamon, ground	1/2 tsp.	2 ml
Cloves, ground	1/4 tsp.	1 ml
Red pepper, dried, crushed	1/4 tsp.	1 ml
Black pepper	1/8 tsp.	1 ml
Long-grain rice	1 c.	225 ml
Chicken stock, hot	14 fl. oz.	400 ml
Raisins	3 oz.	90 g
Green peas, frozen	3 oz.	90 g
Slivered almonds or cashews, unsalted	2 oz.	60 g
Salt and pepper	TT	TT

1. Soak the saffron in the hot water for 30 minutes.
2. Heat the ghee or butter in a medium saucepot. Add the onion, ginger and all of the spices and sauté for 5 minutes. Add the rice and cook, stirring, until the rice is golden and all of the fat is absorbed.
3. Add the saffron water and chicken stock to the rice. Reduce the heat to a simmer, cover and cook until all of the liquid is absorbed and the rice is tender, approximately 15 to 20 minutes.
4. Add the raisins, peas and nuts. Let stand for 5 minutes, adjust the seasonings and serve.

Approximate values per 1-c. (240-ml) serving: **Calories** 400, **Total fat** 19 g, **Saturated fat** 8 g, **Cholesterol** 30 mg, **Sodium** 250 mg, **Total carbohydrates** 53 g, **Protein** 7 g, **Vitamin A** 10%, **Vitamin C** 10%, **Iron** 15%

RECIPE 23.34

THAI FRIED RICE

Yield: 8 Servings **Method:** Stir-frying

Vegetable oil	4 fl. oz.	120 ml
Fresh ginger, grated	1 Tbsp.	15 ml
Garlic, mashed	3 Tbsp.	45 ml
Assorted vegetables, medium dice (carrots, peppers, mushrooms, etc.)	3 c.	710 ml
Long-grain white rice, cooked and thoroughly chilled	2 pt.	1 lt
Eggs, slightly beaten	6	6
Tomato concassée	1 pt.	450 ml
Hot chile paste	2 Tbsp.	30 ml
Fish sauce	6 Tbsp.	90 ml
Fresh lime juice	1 Tbsp.	15 ml
Fresh cilantro, chopped	as needed	as needed

1. Heat the oil in a wok or rondeau. Add the ginger and garlic and stir-fry until lightly browned. Remove from the pan.
2. Stir-fry the vegetables and remove from the pan.
3. Stir-fry the rice until warmed through.
4. Make a well in the center of the rice and pour in the eggs. Cook the eggs until almost set before mixing them into the rice.
5. Add the tomato concassée, garlic, ginger and vegetables. Mix in the chile paste, fish sauce and lime juice. Stir-fry to a temperature of 165°F (74°C). Garnish with chopped cilantro.

Variations: *Chinese-Style Fried Rice*—Omit the hot chile paste, fish sauce, and lime juice. Add ½ cup (120 ml) chopped green onions to the assorted vegetables. Season with 1 tablespoon (15 milliliters) sesame oil and 4–6 tablespoons (120–180 milliliters) soy sauce. Omit the cilantro garnish.

House-Special Fried Rice—Prepare Chinese-Style Fried Rice, but add 4 ounces (120 grams) diced, cooked pork; 2 ounces (60 grams) thinly sliced, cooked chicken and 2 ounces (60 grams) cooked shrimp in Step 5.

Approximate values per serving: **Calories** 310, **Total fat** 18 g, **Saturated fat** 3.5 g, **Cholesterol** 160 mg, **Sodium** 1100 mg, **Total carbohydrates** 30 g, **Protein** 9 g, **Vitamin A** 110%, **Vitamin C** 35%

WILD RICE AND CRANBERRY STUFFING

RECIPE 23.35

Yield: 5 pt. (2.5 lt) **Method:** Simmering

Dried morels	1 oz.	30 g
Wild rice	12 oz.	340 g
Onions, minced	8 oz.	225 g
Butter or chicken fat	2 oz.	60 g
Chicken stock, hot	approx. 1 qt.	approx. 1 lt
Dried cranberries	6 oz.	180 g
Salt and pepper	TT	TT
Fresh parsley, chopped fine	4 Tbsp.	60 ml

1. Soak the dried morels overnight in lightly salted water. Drain, reserving the liquid. Rinse well, drain again and chop coarsely.
2. Rinse the wild rice well in cold water.
3. Sauté the onions in the butter or chicken fat until tender. Add the mushrooms and wild rice.
4. Strain the reserved liquid from the mushrooms through several layers of cheesecloth to remove all sand and grit. Add enough chicken stock so that the liquid totals 3 pints (1.5 liters). Add the stock mixture and cranberries to the rice. Cover and simmer until the rice is dry and fluffy, approximately 45 minutes.
5. Season to taste with salt and pepper and stir in the parsley. This rice may be served as a side dish or used for stuffing duck or game hens.

Approximate values per 4-oz. (120-g) serving: **Calories** 190, **Total fat** 6 g, **Saturated fat** 3 g, **Cholesterol** 10 mg, **Sodium** 380 mg, **Total carbohydrates** 28 g, **Protein** 7 g

HOPPIN' JOHN

RECIPE 23.36

Yield: 12 Servings **Method:** Simmering

Dried black-eyed or field peas	1 lb.	450 g
Bacon slices, chopped	3	3
Onions, chopped	8 oz.	240 g
Chicken stock	as needed	as needed
Long-grain rice	2 c.	450 ml
Salt and pepper	TT	TT

1. Rinse, sort and soak the peas. Cook until tender, according to the procedures found on page 653. Drain the peas, reserving the cooking liquid.
2. Fry the bacon in a large sauté pan. Add the onions and cook until tender. Add 28 fluid ounces (840 milliliters) of the reserved cooking liquid from the peas. If there is not enough cooking liquid available, use chicken stock as necessary.

3 Stir in the rice and the cooked peas. Bring to a boil, reduce the heat, cover and simmer without stirring until the rice is cooked and the liquid is absorbed, approximately 20 minutes.
4 Season to taste with salt and pepper. Stir well before serving.

Approximate values per serving: **Calories** 270, **Total fat** 3 g, **Saturated fat** 1 g, **Cholesterol** 5 mg, **Sodium** 80 mg, **Total carbohydrates** 48 g, **Protein** 11 g, **Iron** 20%, **Claims**—low fat, low saturated fat, low cholesterol, good source of fiber and iron

RECIPE 23.37

BAKED BARLEY WITH MUSHROOMS

Yield: 5 pt. (2.4 lt) **Method:** Simmering

Beef stock, hot	2 qt.	2 lt
Salt	2 tsp.	10 ml
Black pepper	½ tsp.	3 ml
Barley	1 lb.	450 g
Mushrooms	1 lb.	450 g
Green bell peppers, small dice	12 oz.	350 g
Onions, minced	4 oz.	120 g
Bacon fat or butter	1 oz.	30 g

1 Combine the stock, salt, pepper and barley. Bring to a simmer and continue cooking at a simmer.
2 Trim the stems from the mushrooms and slice the caps into ¼ inch (6-millimeter) slices.
3 Sauté the mushrooms, bell peppers and onions in the bacon fat or butter until the mushrooms begin to release their moisture.
4 Add the mushroom mixture to the stock and barley mixture. Pour into a baking pan and bake at 375°F (190°C), uncovered, for 1 hour, stirring occasionally. Cover and bake until the barley is tender and the liquid has been absorbed, approximately 30 minutes.

Approximate values per ½-c. (120-ml) serving: **Calories** 120, **Total fat** 2 g, **Saturated fat** 0.5 g, **Cholesterol** 0 mg, **Sodium** 490 mg, **Total carbohydrates** 22 g, **Protein** 4 g, **Vitamin A** 50%, **Vitamin C** 30%, **Claims**—good source of fiber, vitamin A and vitamin C

RECIPE 23.38

QUINOA

THE RITZ-CARLTON, CHICAGO, IL
Executive Chef George Bumbaris

Yield: 1 c. (250 ml) **Method:** Pilaf

Onions, diced	½ c.	120 ml
Olive oil	1 Tbsp.	30 ml
Quinoa	½ c.	120 ml
Water or vegetable stock	1 c.	250 ml
Kosher salt and pepper	TT	TT

1 In a small saucepot, sauté the onions in the olive oil over medium heat.
2 Add the quinoa and allow it to brown slightly.
3 Add the water or stock and season with salt and pepper. Bring to a full simmer.
4 Remove from the stove and cover the pot. Allow the quinoa to steep until tender, approximately 8 minutes.

Approximate values per 1-c. (240-ml) serving: **Calories** 540, **Total fat** 21 g, **Saturated fat** 2.5 g, **Cholesterol** 0 mg, **Sodium** 2020 mg, **Total carbohydrates** 72 g, **Protein** 16 g, **Iron** 45%, **Claims**—no cholesterol; high fiber

ORZO AND HERB SALAD

RECIPE 23.39

Yield: 24 oz. (720 g)

Orzo	1 lb.	500 g
Extra virgin olive oil	3 Tbsp.	45 ml
Fresh or frozen green peas	8 oz.	225 g
Celery, small dice	4 oz.	120 g
Plum tomatoes, medium dice	12 oz.	340 g
Fresh oregano, chopped	1/2 oz.	14 g
Fresh chives, chopped	1/2 oz.	14 g
Fresh parsley, chopped	1/2 oz.	14 g
Garlic cloves, minced	3	3
Red wine vinegar	2 Tbsp.	30 ml
Fresh lemon juice	4 Tbsp.	60 ml
Salt and white pepper	TT	TT

1. Cook the orzo in lightly salted boiling water until al dente. Drain in a colander and rinse well with cold water. Remove the orzo to a large bowl and drizzle 1 tablespoon (15 milliliters) of olive oil around the orzo and toss well.
2. Cook the peas in slightly salted boiling water for 1 to 2 minutes, drain, and rinse with cold water. Toss the peas, celery, tomatoes and orzo together.
3. Combine the remaining olive oil with the herbs, garlic, vinegar, lemon juice, salt and white pepper. Pour over the salad and toss gently to combine. Serve chilled.

Approximate values per 4-oz. (120-g) serving: **Calories** 140, **Total fat** 3 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 10 mg, **Total carbohydrates** 25 g, **Protein** 5 g, **Vitamin C** 15%, **Claims**–low fat, no saturated fat, no cholesterol, low sodium

CREAMED ORZO AND LEEKS

RECIPE 23.40

SPOKANE COMMUNITY COLLEGE, SPOKANE, WA

Instructor Peter Tobin, CEC, CCE

Yield: 20 Servings

Orzo	1 lb.	500 g
Salt	as needed	as needed
Whole butter	2 oz.	60 g
Leeks, thinly sliced	8 oz.	225 g
Chicken stock	1 pt.	450 ml
Heavy cream	4 fl. oz.	120 ml
Black pepper	TT	TT
Nutmeg	TT	TT
Parmesan, grated	2 oz.	60 g

1. Cook the orzo in salted boiling water until al dente. Drain and hold.
2. Melt the butter in a rondeau. Add the leeks and cook over medium heat until wilted.
3. Add the chicken stock and reduce until approximately 4 fluid ounces (120 milliliters) of liquid remains.
4. Add the orzo and cream and cook until thoroughly heated. Season with salt, pepper and nutmeg. Fold in the Parmesan just before serving.

Approximate values per serving: **Calories** 140, **Total fat** 6 g, **Saturated fat** 3.5 g, **Cholesterol** 15 mg, **Sodium** 125 mg, **Total carbohydrates** 18 g, **Protein** 4 g

RECIPE 23.41

GOAT-CHEESE RAVIOLI IN HERBED CREAM SAUCE

Yield: 72 ravioli, 2 in. (5 cm) each, and 1½ pt. (750 ml) sauce

Fresh goat cheese	11 oz.	330 g
Cream cheese	8 oz.	250 g
Fresh parsley, chopped	3 Tbsp.	45 ml
Fresh basil, chopped fine	3 Tbsp.	45 ml
Fresh thyme, chopped fine	2 tsp.	10 ml
Black pepper	TT	TT
Basic Pasta Dough (page 708)	2 lb.	1 kg
Heavy cream	1 qt.	1 lt
Parmesan, grated	2 oz.	60 ml
Salt	TT	TT

1. To make the cheese filling, combine the goat and cream cheeses with the parsley, 2 tablespoons (30 milliliters) basil and 1 teaspoon (5 milliliters) thyme; season to taste with pepper.
2. Make ravioli using the cheese mixture and the pasta dough.
3. To make the sauce, combine the cream with the remaining herbs and bring to a boil. Reduce by one-third and add the Parmesan. Season with salt and pepper.
4. Boil the ravioli until done. Drain, toss gently with the sauce and serve.

Approximate values per 8-oz. (240-g) serving: **Calories** 580, **Total fat** 48 g, **Saturated fat** 30 g, **Cholesterol** 185 mg, **Sodium** 510 mg, **Total carbohydrates** 23 g, **Protein** 15 g, **Vitamin A** 60%, **Calcium** 25%

RECIPE 23.42

MUSHROOM RAVIOLI IN RICH CHICKEN BROTH



PRIMITIVO WINE BAR, COLORADO SPRINGS, CO
John Broening, Executive Chef

Yield: 8 Servings

Pasta:		
Flour	1 lb.	500 g
Salt	1 Tbsp.	15 ml
Eggs	4	4
Extra virgin olive oil	4 Tbsp.	60 ml
Water, cold	4 fl. oz.	120 ml
Filling:		
Shiitake mushrooms	4 oz.	120 g
Oyster mushrooms	4 oz.	120 g
Unsalted butter	3 Tbsp.	45 ml
Shallots, minced	2 Tbsp.	30 ml
Brandy	2 Tbsp.	30 ml
White wine	3 Tbsp.	45 ml
Heavy cream	8 fl. oz.	240 ml
Goat cheese	2 oz.	60 g
Parmesan, grated	½ c.	120 ml
Parsley, chopped	1 Tbsp.	15 ml
Salt and pepper	TT	TT

Broth:		
Carrots	2	2
Chicken thighs, legs, wings and backs	3 lb.	1.4 kg
Onion, sliced	1	1
Celery sticks, sliced	2	2
Garlic cloves, crushed	2	2
Bay leaves	2	2
Peppercorns	10	10
Fresh thyme	6 sprigs	6 sprigs
Niçoise olives, pitted	24	24
Fresh sage, minced	1 Tbsp.	15 ml
Parmesan, shaved	as needed for garnish	

1. To make the pasta dough, combine the flour and salt in a small mixer with a dough hook. Add the eggs, olive oil and water and mix on slow speed. If necessary, add more water until a dough ball is formed. Knead on medium speed until the dough is smooth and elastic. Cover the dough and refrigerate for 1 hour.
2. To make the filling, stem and slice the shiitake and oyster mushrooms. Sauté the mushrooms in the butter until they are soft and the liquid has evaporated. Add the shallots and sweat for 30 seconds. Add the brandy and flambé. Add the white wine and cook au sec. Add the cream and reduce until it is incorporated. Cool the mixture and transfer it to a food processor. Add the goat cheese, Parmesan and parsley. Season the mixture with salt and pepper and pulse until it is finely ground. Cool completely before using. Form the pasta and filling into ravioli following the procedures on page 710.
3. To make the broth, peel the carrots and cut grooves in them with a channel knife. Slice them on the bias ½ inch (1.2 centimeters) thick. Combine the carrots with the rest of the ingredients in a saucepot, bring to a simmer and cook for 2 hours. Strain, reserving the carrot slices.
4. At service time, bring 3 pints (1.4 liters) of the broth to a simmer. Add the reserved carrots, olives and sage. Blanch the ravioli in salted boiling water and add them to the gently simmering broth. Adjust the seasoning and divide the broth and ravioli between eight bowls. Garnish with shaved Parmesan as desired.

Approximate values per serving: **Calories** 580, **Total fat** 32 g, **Saturated fat** 14 g, **Cholesterol** 165 mg, **Sodium** 1760 mg, **Total carbohydrates** 53 g, **Protein** 16 g, **Vitamin A** 20%, **Calcium** 15%, **Iron** 20%

FETTUCCINE ALFREDO

RECIPE 23.43

Yield: 4 Servings, 6 oz. (180 g) each

Fresh fettuccine	8 oz.	250 g
Whole butter	2 oz.	60 g
Heavy cream	12 fl. oz.	350 ml
Parmesan, grated	2 oz.	60 g
Salt and white pepper	TT	TT

1. Boil the pasta, keeping it slightly undercooked. Refresh and drain.
2. To make the sauce, combine the butter, cream and Parmesan in a sauté pan. Bring to a boil and reduce slightly.
3. Add the pasta to the pan and boil the sauce and pasta until the sauce is thick and the pasta is cooked. Adjust the seasonings and serve.

Approximate values per 6-oz. (180-g) serving: **Calories** 630, **Total fat** 49 g, **Saturated fat** 29 g, **Cholesterol** 170 mg, **Sodium** 1000 mg, **Total carbohydrates** 33 g, **Protein** 14 g, **Vitamin A** 50%, **Calcium** 25%

RECIPE 23.44

FETTUCCINE CARBONARA

JOLIET JUNIOR COLLEGE, JOLIET, IL

Keith G. Vonhoff, CCE, CEPC, CHA, CHE, FMP, CCP

Yield: 4 Servings

Whole butter	1 oz.	30 g
Pancetta, parcooked and chopped	3 oz.	90 g
Garlic cloves, minced	2	2
Fettuccine, cooked and drained	18 oz.	500 g
Heavy cream	10 fl. oz.	300 ml
Parmesan, grated	4 oz.	120 g
Salt	TT	TT
White pepper	1/8 tsp.	1 ml
Egg yolks	2	2

1. Melt the butter in a sauté pan. Add the parcooked pancetta and cook until crisp.
2. Add the garlic. Sauté but do not brown.
3. Add the fettuccine. Toss and heat completely.
4. Add the heavy cream and bring to a simmer. Add the Parmesan. Season to taste with salt and white pepper.
5. Add the egg yolks and quickly stir to incorporate the eggs and thicken the sauce. Do not allow the sauce to boil. Serve immediately.

Approximate values per serving: **Calories** 680, **Total fat** 49 g, **Saturated fat** 28 g, **Cholesterol** 300 mg, **Sodium** 770 mg, **Total carbohydrates** 35 g, **Protein** 26 g, **Vitamin A** 35%, **Calcium** 45%, **Iron** 15%

RECIPE 23.45

FETTUCCINE CON PESTO ALLA TRAPANESE



CHEF ODETTE FADA, NEW YORK, NY

Yield: 4 Servings, 8 oz. (250 g) each

Fresh fettuccine	1 lb.	500 g
Salt	TT	TT
Fresh basil leaves	1/2 oz.	15 g
Garlic cloves, chopped fine	4	4
Bread crumbs	2 Tbsp.	30 ml
Almonds, chopped	1 oz.	30 g
Extra virgin olive oil	approx. 3 fl. oz.	approx. 90 ml
Roma tomatoes	8 oz.	250 g

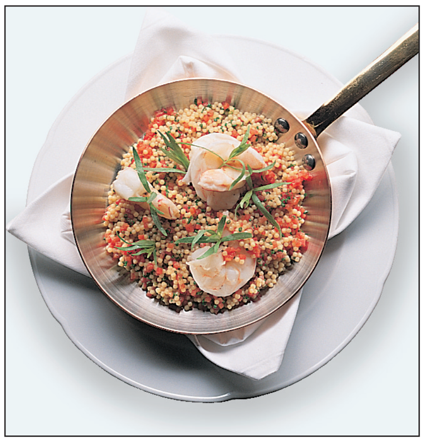
1. Boil the pasta in salted water until almost done.
2. Lightly sauté the basil, garlic, bread crumbs and almonds in the oil.
3. Peel, seed and cut the tomatoes julienne. Add them to the pan and sauté to blend the flavors.
4. Drain the pasta, add it to the pan and sauté for 1 minute over a low flame.
5. Add more olive oil and salt as needed.

Approximate values per 8-oz. (240-g) serving: **Calories** 590, **Total fat** 29 g, **Saturated fat** 3.5 g, **Cholesterol** 20 mg, **Sodium** 640 mg, **Total carbohydrates** 68 g, **Protein** 15 g, **Vitamin C** 20%, **Iron** 15%

PEPE PASTA WITH SHRIMP, TOMATO AND TARRAGON

RECIPE 23.46

THE RITZ-CARLTON, CHICAGO, IL
Executive Chef George Bumbaris



Yield: 4 Servings

Onion, sliced	2 oz.	60 g
Olive oil	2 Tbsp.	30 ml
Garlic, minced	1 tsp.	5 ml
Tomato concassée	8 oz.	250 g
Dry white wine	4 fl. oz.	120 ml
Fresh shrimp, peeled and deveined	16	16
Chicken or shrimp stock	24 fl. oz.	750 ml
Pepe pasta, dry	1 c.	250 ml
Fresh lime juice	2 Tbsp.	30 ml
Whole butter	1 Tbsp.	15 ml
Fresh chives, chopped fine	1 Tbsp.	15 ml
Fresh tarragon, chopped	½ tsp.	3 ml
Fresh Italian parsley, chopped	½ tsp.	3 ml

1. In a medium-sized saucepot over medium heat, sauté the onion in the olive oil. Add the garlic and cook for 1 minute.
2. Add the tomato concassée, then add the white wine. Simmer until the liquid is reduced au sec.
3. Add the shrimp and cook for 3 to 4 minutes.
4. In a separate saucepot, bring the stock to a boil. Add the pepe pasta and simmer until the pasta is tender, approximately 15 minutes.
5. Drain the pasta and toss in the lime juice, butter and herbs.
6. Gently stir in the tomato-and-shrimp mixture and serve immediately.

Approximate values per serving: **Calories** 550, **Total fat** 15 g, **Saturated fat** 4 g, **Cholesterol** 670 mg, **Sodium** 1380 mg, **Total carbohydrates** 25 g, **Protein** 79 g, **Vitamin A** 30%, **Vitamin C** 35%, **Iron** 70%

PENNE WITH ASPARAGUS AND TOMATOES

RECIPE 23.47

Yield: 5 lb. (2.2 kg)

Asparagus spears	12 oz.	375 g
Salt	TT	TT
Extra virgin olive oil	4 Tbsp.	60 ml
Onions, small dice	2 oz.	60 g
Garlic cloves, chopped	12	12
Italian plum tomatoes, canned, drained and chopped	5 c.	1.2 lt
Salt	1 Tbsp.	15 ml
Red pepper flakes	TT	TT
Penne pasta, dry	1 lb.	450 g
Fresh basil leaves, chopped	1 oz.	30 g
Parmesan, grated	as needed for garnish	

1. Cook the asparagus spears in boiling salted water and refresh in ice water. Drain and cut the spears on the bias into 1-inch (2.5-centimeter) pieces.
2. Heat the olive oil in a sauté the onions and garlic until translucent. Add the tomatoes, salt and pepper flakes. Increase the head and cook 5 minutes, stirring occasionally. Keep warm.
3. Boil the penne in salted water until al dente, then drain well. Stir the asparagus into the warm sauce. Toss the pasta with the sauce and the chopped basil. Serve with freshly grated Parmesan.

Approximate values per 4-oz (120-g) serving: **Calories** 130, **Total fat** 3 g, **Saturated fat** 0 g, **Cholesterol** 0 g, **Sodium** 460 mg, **Total carbohydrates** 21 g, **Protein** 4 g, **Vitamin C** 15%

RECIPE 23.48 CAPPELLETTI IN BRODO

Yield: 10 (450 ml) Servings,
1 pt. with 12 cappelletti each

Filling:		
Pork loin, roasted	6 oz.	180 g
Mortadella	4 oz.	120 g
Ricotta	6 oz.	180 g
Parmesan, finely grated	6 oz.	180 g
Egg	1	1
Nutmeg	TT	TT
Basic Pasta Dough (page 708)	1 lb. 8 oz.	750 g
Beef Broth (page 250)	5 qt.	5 lt
Parmesan, shredded	8 oz.	250 g
Fresh parsley, chopped fine	3 Tbsp.	45 ml

1. To prepare the cappelletti filling, place the meats and cheeses in a food processor fitted with the metal blade. Process until finely ground. Add the egg and season lightly with nutmeg. Process until blended but not puréed.
2. Work with one-quarter of the pasta dough at a time, keeping the rest covered to prevent it from drying out. Roll out a portion of the dough until it is very thin. Cut the dough into 2-inch (5-centimeter) squares using a fluted pasta wheel.
3. Place 1 teaspoon (5 milliliters) of filling in the center of each square. Fold the dough over the filling to form a rectangle, pinching the edges together to seal. Bring the ends of each rectangle together, overlapping them and pressing to seal.
4. Place the finished cappelletti on a paper-lined sheet pan. Leave them uncovered and turn them over once or twice so that they dry evenly. Continue working until all the filling is used. The cappelletti may be cooked immediately or refrigerated for later use.
5. Heat the Beef Broth to a gentle boil. Drop the cappelletti in and cook until tender, approximately 3 to 5 minutes.
6. Portion the broth and cappelletti into 10 warmed soup bowls and garnish with the shredded Parmesan and parsley.

Approximate values per serving: **Calories** 270, **Total fat** 17 g, **Saturated fat** 10 g, **Cholesterol** 75 mg, **Sodium** 920 mg, **Total carbohydrates** 3 g, **Protein** 27 g, **Calcium** 60%

RECIPE 23.49 MACARONI AND CHEESE

Yield: 24 Servings, 8 oz. (250 g) each

Elbow macaroni	2 lb.	1 kg
Salt	TT	TT
Cheese sauce (page 212)	2 qt.	2 lt
Worcestershire sauce	TT	TT

Tabasco sauce	TT	TT
Cheddar cheese, grated	2 lb.	1 kg
Whole butter	3 oz.	90 g
Bread crumbs	8 oz.	250 g



1. Cook the macaroni in salted water until done. Drain, refresh in cold water, drain and reserve.
2. Season the Cheddar sauce with the Worcestershire and Tabasco sauces. Mix the macaroni with the cheese sauce and the shredded cheese.
3. Butter a full-sized hotel pan using approximately 1 ounce (30 grams) of the whole butter. Pour the macaroni mixture into the pan.
4. Melt the remaining butter in a small sauté pan. Add the bread crumbs and toss to coat. Sprinkle the bread crumbs evely over the macaroni.
5. Bake uncovered at 350°F (180°C) until hot, approximately 30 minutes.

VARIATIONS: *Macaroni and Cheese with Ham and Tomato*—Stir 2 pounds (1 kilogram) each of diced cooked ham and tomato concassée into the macaroni and cheese before pouring it into the hotel pan.

Approximate values per 6-oz. (180-g) serving: **Calories** 490, **Total fat** 28 g, **Saturated fat** 17 g, **Cholesterol** 80 mg, **Sodium** 430 mg, **Total carbohydrates** 39 g, **Protein** 21 g, **Vitamin A** 20%, **Calcium** 45%, **Iron** 15%

BAKED ZITI WITH FRESH TOMATO SAUCE

RECIPE 23.50

Yield: 30 Servings

Eggs	6	6
Ricotta	4 lb.	1.8 kg
Fresh thyme, chopped	2 Tbsp.	30 ml
Fresh oregano, chopped	2 Tbsp.	30 ml
Fresh basil, chopped	2 Tbsp.	30 ml
Salt and pepper	TT	TT
Italian sausage links	3 lb.	1.4 kg
Ziti, cooked, refreshed and drained	4 lb.	1.8 kg
Parmesan, grated	8 oz.	250 g
Fresh Tomato Sauce for Pasta (page 235)	3 qt.	3 lt
Mozzarella, shredded	2 lb.	1 kg

1. Combine the eggs, ricotta, thyme, oregano, basil, salt and pepper. Mix well and refrigerate.
2. Place the sausage links in a 2-inch- (5-centimeter-) deep full-sized hotel pan; cook in a 350°F (180°C) oven for 20 minutes. Remove and drain the sausage. Slice the links into rounds and reserve.
3. Pour off the sausage fat, then place the ziti in the hotel pan. Top with an even coating of the cheese mixture, sausage slices and Parmesan.
4. Pour the Fresh Tomato Sauce for Pasta over the top layer and stir slightly to distribute the sauce.
5. Bake at 375°F (190°C) for 1 hour. Sprinkle the mozzarella evenly over the pasta and return to the oven for 10 minutes. Serve.

Note: Ziti may also be prepared in individual casseroles. Decrease baking time as necessary.

Approximate values per serving: **Calories** 450, **Total fat** 23 g, **Saturated fat** 10 g, **Cholesterol** 130 mg, **Sodium** 1290 mg, **Total carbohydrates** 27 g, **Protein** 35 g, **Vitamin A** 40%, **Calcium** 70%, **Iron** 15%

RECIPE 23.51

SPINACH AND RICOTTA LASAGNA WITH BOLOGNESE SAUCE

Yield: 28 Servings, 8 oz. (250 g) each

Fresh spinach pasta dough, rolled into sheets	2 lb.	1 kg
Spinach, stemmed	2 lb.	1 kg
Whole butter	2 oz.	60 g
Ricotta	1 lb.	500 g
Parmesan, grated	6 oz.	180 g
Eggs	2	2
Salt and pepper	TT	TT
Bolognese Sauce (page 236)	3 qt.	3 lt
Béchamel (page 212)	1 qt.	1 lt

1. Cut the pasta dough into 4-inch (10-centimeter) strips. Boil in salted water until done and drain well.
2. Sauté the spinach in the butter. Drain well and cool.
3. Combine the spinach with the ricotta, 4 ounces (120 grams) of the Parmesan and the eggs. Season to taste with salt and pepper.
4. Ladle a small amount of the Bolognese Sauce into the bottom of a standard full-sized hotel pan. Cover the sauce with a layer of cooked pasta. Spread a thin layer of the spinach-and-cheese mixture on the pasta. Ladle a portion of the Béchamel over the spinach and spread in a thin even layer. Ladle a portion of the Bolognese Sauce over the Béchamel and spread in an even layer.
5. Add another layer of pasta and repeat the process until all the ingredients are used, finishing with a layer of Béchamel. Sprinkle the remaining Parmesan on top and bake covered at 350°F (180°C) until heated through, approximately 40 minutes. Uncover the lasagna for the last 15 minutes so that it browns.

Approximate values per 7-oz. (210-g) serving: **Calories** 270, **Total fat** 8 g, **Saturated fat** 3.5 g, **Cholesterol** 200 mg, **Sodium** 1110 mg, **Total carbohydrates** 12 g, **Protein** 37 g, **Vitamin A** 30%, **Vitamin C** 20%, **Calcium** 20%, **Iron** 40%



1 Layering the sauces, pasta and cheese mixture in a hotel pan.



2 Pouring a layer of béchamel over the lasagna.



3 The finished lasagna.

CHILLED CHINESE NOODLE SALAD

RECIPE 23.52



Yield: 8 Servings, 4 oz. (120 g) each

Dressing:		
Dark soy sauce	2 Tbsp.	30 ml
White vinegar	2 Tbsp.	30 ml
Salt	1 tsp.	5 ml
Granulated sugar	1 Tbsp.	15 ml
Peanut oil	1 Tbsp.	15 ml
Sesame oil	1 Tbsp.	15 ml
Orange zest	1 tsp.	5 ml
Red chile flakes	1/2 tsp.	2 ml
Chinese egg noodles, fresh	8 oz.	250 g
Salt	TT	TT
Bean sprouts, blanched	8 oz.	250 g
Carrots, finely shredded	6 oz.	180 g
Daikon, finely shredded	3 oz.	90 g
Green onions, sliced	2 oz.	60 g
Black sesame seeds	1 Tbsp.	15 ml
Fresh cilantro leaves	as needed for garnish	

1. Combine the dressing ingredients and whisk thoroughly.
2. Cook the egg noodles in rapidly boiling salted water until tender, approximately 2 minutes. Drain and refresh; drain again.
3. Toss the noodles with the bean sprouts, carrots, daikon, green onions and sesame seeds. Add the dressing and toss gently until the noodles and vegetables are thoroughly coated.
4. Chill well. Serve mounds of this noodle salad as an appetizer or an accompaniment for grilled fish or chicken. Garnish with cilantro.

Approximate values per 4-oz. (120-g) serving: **Calories** 110, **Total fat** 4.5 g, **Saturated fat** 0.5 g, **Cholesterol** 10 mg, **Sodium** 570 mg, **Total carbohydrates** 14 g, **Protein** 3 g, **Vitamin A** 40%, **Claims**—low cholesterol; low saturated fat

SPAETZLE

RECIPE 23.53

Yield: 30 Servings, 3 oz. (90 g) each

Eggs	12	12
Water	1 qt.	1 lt
Flour	3 lb.	1.4 kg
Salt	2 tsp.	10 ml
Nutmeg	1/2 tsp.	2 ml
Whole butter	8 oz.	250 g
Salt and white pepper	TT	TT
Fresh parsley, chopped	as needed for garnish	

1. Whisk the eggs to blend. Add the water, flour, salt and nutmeg. Mix by hand until well blended; the batter should be a smooth, gooey paste. Cover and refrigerate the batter.



Forcing the spaetzle through a perforated hotel pan.

2 Place the batter in a spaetzle maker, perforated steam table pan or colander suspended over a large pot of boiling water. Work the batter through the colander's holes using a plastic bowl scraper or rubber spatula. The batter should drop into the boiling water. Lower the water temperature to a simmer.

3 Cook the dumplings in the simmering water until they float to the surface, approximately 3 to 4 minutes. Remove them with a skimmer and refresh in a bowl of ice water.

4 For service, sauté the dumplings in butter to heat through. Season with salt and white pepper; garnish with chopped parsley.

Approximate values per 3-oz. (90-g) serving: **Calories** 250, **Total fat** 9 g, **Saturated fat** 4.5 g, **Cholesterol** 100 mg, **Sodium** 250 mg, **Total carbohydrates** 35 g, **Protein** 7 g, **Vitamin A** 10%, **Iron** 15%